

Hello everyone,

Just sending out a link for some school resources for supporting discussions and learning about mental health and mental illness. It is 'Time to Talk' day on Feb 3rd and Mental Health week following that 7-13 Feb. This year's theme is "growing together" and looking at change and growth.

<https://www.childrensmentalhealthweek.org.uk/>



[Children's Mental Health Week](https://www.childrensmentalhealthweek.org.uk/)

Children's Mental Health Week. Children's Mental Health Week is taking place on 7-13 February 2022. This year's theme is Growing Together.. We will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

www.childrensmentalhealthweek.org.uk

It would be really good to get a list of pupils "top tips for mental health- their own personal ones or a whole class one". Perhaps make a poster for their rooms? I will send some information out on dojo as well for anyone learning remotely.

Please send any evidence of activities and learning to me / Amanda (photos', documents made on laptops notes from class discussions etc) so we can use it all towards our Mental Health award journey.

Looking forward to seeing what sort of things the pupils come up with, seeing as we have some tips for us as adults/Staff. 😊

Best wishes,

Jude Henson

Advocate / DDSL
Mental Health & Wellbeing Champion
UNICEF Rights Respecting Schools Lead

01553 887335 (Advocates office)
Mobile: 07501907690

***** I send emails at a time that is convenient for me. I do not expect a response until the time is convenient for you. Your wellbeing is more important than this email! *****