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Monday 4th February 2019

Dear Parents and Carers,

We are sorry for the short notice but we nearly missed a very important week to promote with our children. This week is Children's Mental Health Week 2019 (4-10 February). We would like to think around the key theme of taking steps to be **Healthy: Inside and Out**.

When we think about healthy living, we can focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep. However, in order to be healthy overall, it's important that we look after our minds – our mental wellbeing – too. We look at this in our 'Being Active and Healthy Week' in the summer term. However, we would like to support the promotion of this week and focus on mindfulness and our mental health.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be **Healthy: Inside and Out**, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times. We have been really focussing on Growth mindset with the children and training for our staff. This has had a brilliant response from the children and staff. It is something we will be promoting with you soon in one of our parent 'All in it together' workshops (information to follow shortly).

When we take steps to be **Healthy: Inside and Out**, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times. Take a look at www.childrensmentalhealthweek.org.uk it has some great resources. These resources are full of ideas to help you look after your bodies and minds together with us. As parents and carers, you play a very important role in your child's health.

On Friday 8th we would like your little one to pick something they already do to look after themselves and their minds to bring into school. We would like them to share it in a circle time. They can bring in a picture, a drawing or an object that represents it. This could be their favourite bedtime story that helps them settle and go to sleep, their favourite sport activity that keeps their bodies and minds active or favourite dinner or snack. Please talk with your child before Friday and encourage them to think about: When they do it, do they feel happy? Excited? Full of energy? Calm? Why do they think you feel like that?



Remember – everyone's bodies and minds are different. There's no such thing as a perfect body or mind and no one is perfectly healthy. Families and children might pick different things that help them feel Healthy: Inside and Out, and that's OK. If you're not sure about something, you can find an adult who you trust in school to talk this through with.

When we take steps to be Healthy: Inside and Out, it helps us to feel good, do well and deal with difficult things that happen!

Thank you for helping us to continue to promote this with our children and our community. How can you do this too?

Kind regards,

The Shirley Schools Team

