



# Spalding Parish Church of England Day School

2<sup>nd</sup> February 2024

Dear Parent/Carer,

## Children's Mental Health Week

At Spalding Parish, we are committed to supporting the emotional health and wellbeing of our pupils and staff. Throughout the week commencing 5<sup>th</sup> February 2024, the children will be talking about the importance of looking after their mental health and discussing strategies to support themselves and others.

The National Health Service promote that there are five key steps to well-being, so during Children's Mental Health week we will have a focus on a different step each day. Our school community will be encouraged to spend a period of time each day dedicated to exploring these steps.



*Step 1: connect with people*  
*Step 2: be physically active*  
*Step 3: learn a new skill*  
*Step 4: give to others*  
*Step 5: pay attention to yourself and others (mindfulness)*



*"Being kind to yourself is one of the greatest kindnesses," said the mole.*

We hope that over the course of the week all of the children will have the opportunity to look at each of the different steps. There will also be a focus in our Parish Post on wellbeing with some strategies for parents and carers.

Thank you for your continued support.

Yours sincerely,

Miss Charlotte Hardy  
Assistant Head Teacher/SENCo



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