



Spalding Parish Church of England Day School

29th January 2021

Children's Mental Health Week

Dear Parent/Carer,

We are so pleased with how well the children are engaging with their learning both at home and in school and are grateful to all of you for your ongoing support with their learning. We realise that the events of recent weeks have been difficult for families and children to manage and we understand that lots of families are feeling under pressure. We also know that the ongoing news speculation and uncertainty is also difficult to hear. We believe that everyone's mental wellbeing is so important at the moment.

Next week is national 'Children's Mental Health Week' supported by the charity Place2Be. More information can be found here <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/> We felt that now more than ever this is an important area for us all to focus on. Next week all classes will be setting some simple activities linked to the week for children in school and at home. You can find more information and supporting activities here <https://www.coramlifeeducation.org.uk/scarf-at-home-keeping-happy-and-healthy-during-lockdown-share-your-scarf-special>. These include a daily activity as well as support for parents.

The theme for the week is 'Express Yourself' and we would like to invite all children to dress as colourfully as they like on **Wednesday 3rd February** for their Teams meetings or in school.

We also would like to reduce the pressure on families supporting learning and the amount of screen time needed and so next week we will be having a 'Screen Free Day' on **Friday 5th February**. As part of this day all children (in school and at home) will be completing a whole-school challenge in place of their usually routine. This is attached to this letter for your information. There will be no routine learning uploaded to the Teams or Evidence Me that day as we would like all children to complete this challenge instead. The challenge consists of fifty activities split into five different rows with a different theme. We would like all children to try to complete one challenge from each row (a total of five activities) on Friday 5th February. Of course, if you would like to complete more please do! Most of the challenges involve resources you already have at home and are generally practical in nature. Some of them will require some preparation prior to Friday (for example buying ingredients if you choose to bake). The



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choice of challenges is completely up to you and your child. If you can share how your child gets on with these challenges (and we would love to see) please do upload them to Teams or Evidence Me or share them on our school twitter page @SPCEDS equally, as it is a screen free day, please do not feel under pressure to do so.

Class teachers will be available during their usual live sessions on a Friday for any child who wants to talk to their teacher or come and have a catch up with their class mates but again please do not feel under any pressure to do so.

There is more information about supporting mental wellbeing available here <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/healthy-minds-lincolnshire>

We will continue to prioritise the '5 Ways to Wellbeing' in school and at home.

The five ways are

- Connect with Other People
- Be Physically Active
- Learn New Skills
- Give to Others (Random Acts of Kindness)
- Be Present (Mindfulness)

You can find more information about these here <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> or <https://www.mindkit.org.uk/5-ways-to-wellbeing/> and <https://www.actionforhappiness.org/10-keys>

Please do contact your child's class teacher if you have any questions via the year group emails. If you would like further support with mental health issues or signposting to useful services please do let us know, we are always happy to listen.

Kind Regards,

Diane Mulley
Head Teacher



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