



## Priory Junior School

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29<sup>th</sup> January 2021

Dear Parents,

### Re: Children's Mental Health Week 1<sup>st</sup> – 7<sup>th</sup> February 2021

With our school partially closed and lots of uncertainty at the moment, our children's mental health has never been more important. Time to stop and reflect, time to explore our creativity is vital at this time. As such, we are supporting Place2Be's Children's Mental Health Week which is taking place next week.

This year's theme is 'Express Yourself' and we're encouraging children (and adults) to explore the different ways we express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas – using materials from Place2Be.

There are lots of materials on the [Children's Mental Health Week website](#) that you can use with your child at home including activity ideas and tips for parents which will be available from Monday 1<sup>st</sup> February.

We will be holding a virtual assembly – you can join us at 10.45am on Monday, 1<sup>st</sup> February live – or watch it later on Seesaw. To join us live, please sign up at:

<https://us02web.zoom.us/j/83578321522?pwd=QWtadnBQck1PVCTGczRmUmZnOEEdqUT09>

**As usual, you will need to register in advance – please don't leave it to the time.**

Throughout the week, we will also be placing some activities on Seesaw to support with this. These are optional and are all designed to help our children's mental health at this time. You might choose to do some, but please don't feel you have to do all or any if you don't wish to.

**Express Yourself Day – on Friday, 5<sup>th</sup> February** we will be holding an Express Yourself Day and we invite the children to send us a photograph of themselves (through Seesaw) expressing themselves. The photograph should be of them doing something they enjoy – maybe playing an instrument, doing some art work, cooking, going for a walk – we can't wait to see them – and plan to use these to create a display in school to share with you all.



We very much hope you will find all the resources helpful at this time, and supportive for your children during this period of time.

Yours sincerely,

Tracy Keefe



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

