



Priory Junior School

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10th May 2021

Dear Parents,

National Mental Health Awareness Week

This week is National Mental Health Awareness Week and is organised each year by the Mental Health Foundation. The theme for this year is 'Connect with Nature' and focuses on the benefits to our well-being when we spend time outside, enjoying nature.

We know that many people have benefited from going for walks during the pandemic – and found this time to have a positive impact on their well-being.

We have launched the week today with an assembly in school – promoting the benefits of enjoying nature. This could range from growing a plant from seed, watering plants, going for a run (as many of you did last weekend!), watching the clouds or listening to the birdsong.

During the week, each class will have additional time outside to explore the theme of 'connecting with nature'.

As part of the assembly today, we have talked to the children about The Wildlife Trust's 30 day Wild challenge which takes place in June. This promotes the idea of children and families trying to do something related to nature each day of June and the benefits this brings to our wellbeing.

There are some great ideas on the website to explore too: <https://www.wildlifetrusts.org/30-days-wild-2021-sign-your-pack>

We hope you might find some of these activities useful.

Yours sincerely,

Tracy Keefe

