



# HAMPDEN GURNEY

## CE PRIMARY SCHOOL

Dear Parents,

The month of February is host to Children's Mental Health Week and we have some exciting activities planned. This month our focus will be 'Be Active'.

Getting active can reduce anxiety and stress, combat low mood and increase self-esteem. It can help us all to feel good on the inside and out. We would like everyone in our school community this month, to take some time to do a physical activity. This means everyone, parents as well as children!

There are lots of different types of exercise. The most important thing to consider, is finding something that you and your child enjoy. Here are some examples of activities that are free:

-Walking

-Running

- Youth Sport Trust: Explore a range of YouTube videos with fun challenges and activities that can be adapted to the space you have available.
- Disney dance alongs: 'This Girl Can' have partnered with Disney to provide dance workouts. You can learn their moves or put your own spin on their routines.
- Change4Life indoor activities: Shake Up games inspired by your kids' favourite Disney characters.
- Yoga <https://www.youtube.com/user/CosmicKidsYoga>

If you would like to send in a photo of your activity, please send it to your class teacher!

Also this month, all children from Reception to Year 6 will be taking part in a Mental Health & Emotional Wellbeing drama workshop. This workshop helps children explore ways of overcoming feelings of stress, discomfort and sadness, as well as highlighting the importance of keeping a safe and healthy mind.

Throughout the workshop, the children will:

- \* Understand what emotions are
  - \* Explore how certain situations can affect us both physically and mentally
  - \* Create freeze frames to recognise when you, or someone you know is being bullied
  - \* Learn how to stay safe online
  - \* Learn techniques to help relax when feeling stressed or unhappy

To cover the cost of the workshop, please could each child from (Rec- Y6) bring in £2 to their class teacher by Friday 4th January. If there are any issues with this, please contact Jill in the office. Nursery children will have their own workshops delivered by Miss Brown and the rest of the Nursery Team which have no cost.



Finally, we would like to invite parents into school on Friday 11<sup>th</sup> February at 9:10am for a short presentation (30 mins) on our work so far in school around wellbeing. This is a great opportunity to hear about what is already being done and the changes we have made to improve. We take your feedback seriously and communication was raised in our parent survey. We therefore hope that this invite goes towards helping you to feel more included and gives you an opportunity to ask any questions you may have.

For more information on Children Mental Health Week or inspiration for activities to do at home with your child, please visit

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

We are all really looking forward to this month with your children and all of the exciting activities we have planned, please do not hesitate to contact me should you have any questions or need someone to speak to.

Best Wishes,

Miss Shin