



# *Greenfield Primary School and Nursery*

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Headteacher: Mr M Wood M.Ed.

*Excellence and Enjoyment for All*

Dear Parents / Carers

4<sup>th</sup> February 2019

I would like to take this opportunity to let you know that this week is Child Mental Health Week. In school we will be continuing to raise awareness of mental well-being and emotional health through whole school assemblies and class discussions.

As well as this, school has a universal offer that is in place throughout the school year and includes: building strong, positive relationships between staff and pupils, celebrating and valuing the contribution to school that our pupils make, promoting pupil voice through class discussions and working with the School Council. We also have worry boxes in all the classes from Year 2 up to Year 6 that children can access if needed. We have also recently introduced a 'Cool to be Kind' box which can be found in the playground at lunch times. Children are encouraged to nominate others who show acts of kindness whilst outside on the playground. The names of the children or staff are then shared in our weekly Celebration Assembly. In the classroom there is a focus on mindfulness and regular discussions around key mind set skills such as resilience and empathy.

Parents and carers also play an extremely important role in ensuring their child or children are emotionally healthy as well as physically healthy. If you would like to find out how you can support your child further you can visit [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk) for more information.

If you would like more information on school's universal offer regarding emotional health and mental well-being then please do not hesitate to get in touch with either myself, Mr Wood or your child's class teacher.

Many thanks for your continued support.

Mrs C Snape  
SENDCo

