



WOOLGROVE SCHOOL

Special Needs Academy

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Headteacher

Mrs Lisa Hall



01/02/21

Dear Parent/Carers,

RE: Children's Mental Health Week

I do hope you are all safe and well. This week is Children's Mental Health Week, an annual week-long campaign run by children's mental health charity Place2Be, and will run until Sunday 7 February.

The Place2Be website has loads of fantastic resources for parents and carers to use at home and can be found by following the link below:

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

This year's theme is "Express Yourself" with the focus on children finding ways to share feelings, thoughts, or ideas through creativity. Mentally Healthy Schools have created a [toolkit of resources](#) for children and parents to use during Children's Mental Health Week – please see attached.

Lastly Teachoutdoors.co.uk have put together a great 5 days activity guide to encourage children to get outside – please also see attached.

Whether your child is at home or school we hope that you can join us in promoting the importance of children's mental health, particularly during these very difficult times.

Stay safe and keep smiling – you are all doing an amazing job!

Yours Sincerely,

A handwritten signature in black ink, appearing to be 'Mr Pritchard', written on a light blue background.

Mr Pritchard
Deputy Headteacher

For parents and carers

You're never too young to talk mental health: tips for parents and carers – Anna Freud Centre

This leaflet provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.

[Go to resource](#) 

Talking to my child – MindEd

Tips, videos and suggestions for parents about encouraging their child to open up about their feelings, on a simple interactive website. There is also an [easy-read PDF](#) version available.

[Go to resource](#) 

Time to talk parent leaflet – Time to Change

This leaflet, created for Time to Talk Day, is designed for schools to print on A3 paper and hand out to parents. This year, Time to Talk Day falls on 6th February, during Children's Mental Health Week.

[Go to resource](#) 



Children's Mental Health Week

5 Outdoor Activities



Go outside and close your eyes.
What can you hear?

Monday

Tuesday

Stand in an outdoor space.
What is the weather doing?
What does it feel like?
How does it make you feel?



Can you spot any signs of spring?
How many can you find?

Wednesday

Thursday

Watch the clouds.
Look up at the sky in the morning, afternoon and early evening. How has it changed?



Have fun!
Go for a walk, play a game, run, jump, skip or hop.

Friday



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