

Friday 27th January 2023

## Children's Mental Health Week

Dear families,

Children's Mental Health Week 2023 will take place from 6-12 February and this year's theme is **Let's Connect**. During this week, there will be a particular focus on mental health, which will be in addition to our regular focus on mental health and wellbeing throughout the year.

We are very lucky to have Aidan from CAMHS (Child and Adolescent Mental Health Services) delivering an assembly during the week.

As part of their role, our Mental Health and Wellbeing Champions will also be leading an assembly and they would like to encourage all children to enter a photography competition!

Our champions would like children to take and either print out or post on the academy's Twitter (@OPA\_LG), a picture that represents mental health to them and, where possible, linking to the theme 'Let's Connect'. Entries to be in by Wednesday 8th February. Our champions and Aidan will choose a winner from EYFS, KS1, LKS2 and UKS2 and announce on Thursday 9th February. They can't wait to see your creative entries!

Our champions would also like to host a 'Walk and Talk' session for the whole school.

On Friday 10th February, classes will get the chance to have time outside to just walk and chat with their friends, peers and adults in school. This will allow our children the chance to talk freely, share thoughts and feelings all whilst getting some extra steps in and connecting with both people and nature.

To further encourage positive mental health and wellbeing, our champions have chosen a focus for each day, which we will share on Twitter. We'd love to see and hear as many of you getting involved as possible! Please also share any other great ideas and ways in which you promote mental health and wellbeing at home.

**Monday (6th):** Be aware of your mind. Try some mindfulness breathing exercises. An example can be found here: <https://www.youtube.com/watch?v=tCwQ51uazCg>

**Tuesday (7th):** Get moving! Go for a walk, have a dance, do a yoga video, make a circuit in your garden to complete, anything that gets your body moving!

**Wednesday (8th):** Doodle, draw, colour and let your emotions out onto a page.

**Thursday (9th):** Write or draw at least three things you are grateful for. Reflect on all the positives around you.

**Friday (9th):** Connect with people around you. Complete a random act of kindness and try to put a smile on somebody's face (and yours too!)

As always, there is a wealth of information about mental health and wellbeing on our website: <https://www.lofthousegate.outwood.com/mental-wellbeing> and a member of our team is always here, if needed.

Two dates for your diaries:

**Thursday 23rd March 2.15 - 4pm.** We are hosting another mental health workshop with Rebecca and Aidan from CAMHS. This will include a session for parents/carers and then children are welcome to join after school to complete activities. More information will follow.

**Thursday 30th March.** Meditation session in the hall 4 - 4.30pm for staff and parents/carers. More information will follow.

Thank you for your continued support,

Miss Cleasby  
Vice Principal and Mental Health and Wellbeing Lead