



Iron Acton CE Primary School

The Pinnacle Schools Federation



Children's Mental Health Week 1-7 February 2021 **EXPRESS YOURSELF**

Children's Mental Health Week is 1st – 7th February. The theme of this year's Children's Mental Health Week is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

By talking openly about mental health from a young age, children can learn to better understand their emotions, break down stigma, and feel safe enough to reach out for help when it's needed. Talking about mental health and expressing our feelings can be difficult, no matter our age. As we are in the depths of lockdown, it's more important than ever to share how we're feeling with others.

This newsletter outlines what we have planned as a school to highlight the importance of mental health and wellbeing. As parents and carers you have an important role in your child's mental health, we have included a number of ideas and links so you can get involved and start the mental health conversation.

Pinnacle Schools Dance Challenge

To mark Mental Health week, we'd like you and your families to join us in creating some good vibrations with a dance compilation video.

All you have to do is put on the song 'Happy' by Pharrell Williams (from Despicable Me 2) and film yourselves having a boogie! 20 seconds worth of video is plenty! If you are happy to share your dance moves with us you agree to it being shared within our schools.

Submit your video to this assignment and we will share our compilation video with our school and our friends over at Hawkesbury/Iron Acton. Details for submitting work can be found on our websites.

Show us your best moves! Miss Abley



Useful links for parents to support children's Mental Health and Wellbeing

A Place2Be – Simple creative activities to promote discussion about feelings and ideas:

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

Anna Freud Centre for Families have advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation:

<https://www.mentallyhealthyschools.org.uk/resources/youre-never-too-young-to-talk-mental-health-tips-for-talking-for-parents-and-carers/>

To help raise awareness of Children and Young People's mental health South Glos. Children's services are hosting a webinar series across the whole of February.

<https://sites.southglos.gov.uk/mind-you/webinar-series/>

Throughout this week each class will be having a focus on Mental Health and Wellbeing as part of their lessons.



Barn Owls will initially focus on the story 'the bag of worries', discussing the feelings explored in the story. They will also be looking at 'who can help us'.

Barn Owl Class love to be outside and will make the most of being outdoors observing nature/listening to the sounds around them.



Wren Class will be talking about their feelings, thinking about what makes them happy and sad.

They will also be exploring their senses outside noticing what is around them. They will also have a daily recorded calm me and story time.



Robins and Falcons will kick start the week with an assembly talking about feelings and how we express them with a 'calm me' moment at the end. They are hoping to do a photo collage of faces showing different emotions – a different photo for each day.

The children in the two classes will keep an eye on their feelings throughout the week using a chart – children can use symbols or colours or even draw a line like a rollercoaster



As part of mental health week Swallows and Buzzards will start with a class assembly. They will have a number of different PE activities to promote wellbeing, will be expressing their 'outer and inner selves' as a piece of art and will also have a mental health focus in their jigsaw lesson on Friday.



Golden Eagle Class will be discussing helpful and unhelpful thoughts on Monday. They will be exploring their feelings in more depth later in the week and map out their emotions on Friday

Each day they will be holding a 'Calm me' time during their live lessons.



Hawk Class will be starting the week with an assembly and have a dance to 'Happy'. They will be exploring emotions using characters from their book, Journey to the River Sea

On Wednesday they are going to encourage everyone to go for a walk. Observe wild flowers and spot any animals out on their travels.

On Thursday, following on from Tuesday, children will explore their own feelings and plot on an emotion timeline.

The Friday Social will take and will be followed by Project Friday.

Being Active – Get Set for PE

Being active and outdoors is not only great for your physical health and fitness, it can also improve your mental health and wellbeing by raising your self-esteem and helping you set and achieve goals and challenges.

Your class teacher will set PE challenges for you this week which will help promote your mental health and wellbeing. Try to get outside at least once a day if you can.

Mindfulness

Sometimes it's easy to look back to the past and wish things were different or run ahead to the future. Instead, it can be really useful to be in the present moment, be still and enjoy what is around you...



5 things
you can **see**



4 things
you can **hear**



3 things
you can **touch**



2 things
you can **smell**



1 thing you
can **taste**