



Archdiocese of Birmingham
St. Mary's Catholic Academy
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Friday 24th January

Dear Parents / Carers

Week commencing Monday 3rd February is Children's National Mental Health Week. This year the charity 'Place2Be' have partnered with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters to explore the theme '**Know Yourself, Grow Yourself**'. We will be thinking about how we can encourage children and young people to embrace self-awareness and explore what it means to them.

The children will talk about and take part in activities regarding mental health throughout the week:

Monday 3rd – The week will begin with the school council leading an assembly on the importance of mental health, and what they can do to be healthy.

Tuesday 4th – The children will take part in activities referring to the characters from Inside Out 2 to explore the theme 'Know Yourself, Grow Yourself'.

Wednesday 5th – Well-being Wednesday! There will be a number of activities happening today to support children's mental wellbeing...

The children will come to school 'dressed to express'. **Children can bring a £1 to school to wear their favourite colour, a range of colours or a whole unique outfit to express how they are feeling. All proceeds will go to the children's mental health charity 'Place2Be'.**

In the afternoon the children will vote for their own wellbeing afternoon activity to support mental health and wellbeing.

On Wednesday, the school will also take part in '**Disconnect to Reconnect**'. The children will take part in lessons without the use of electronic devices and will experience a day at school without any technology! They will learn that time away from devices is good for mental health and that it will help them to find new hobbies and interests and the importance of connecting with people around them. We would also like to encourage families to have time together away from electronic devices. Here are some ideas you could take part in (not just today!)

- Get creative and make artwork or crafts from items already in your home.
- Cook a meal together while dancing in the kitchen.
- Colour
- Play a board game

Regardless of what you choose to do, keep it relaxed. Just play! Your mind will thank you later for the break.

Thank you for your continued support

Mrs Statham

Head of School

