



Archdiocese of Birmingham
St. Mary's Catholic Academy
Principal: Mrs S Rathbone BA (Hons) NPQH,
Ford Green Road, Norton-le-Moors, Stoke on Trent, ST6 8EZ
Telephone 01782 234820 Fax 01782 236523
Email: office@stmarysnewman.co.uk
www. www.stmarysstoke.co.uk.

Thursday 29th January

Children's National Mental Health Week

Dear Parents/Guardians,

Week commencing Monday 9th February is Children's National Mental Health Week. This year the charity 'Place2Be' will aim to support the groups and systems surrounding our children. They are encouraging peers, families, schools and communities to create inclusive and nurturing environments, where children and young people feel they belong and can say "This is My Place".

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

Monday 9th – 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.

Wednesday 11th – Well-being Wednesday! There will be a number of activities happening today to support children's mental wellbeing...

Friday 13th - 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

