



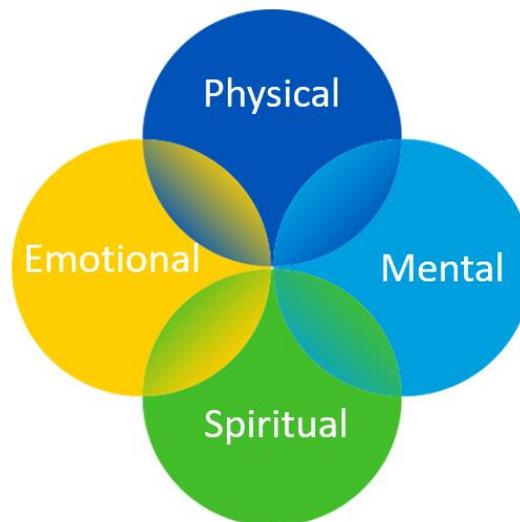
12 February 2021

Dear Parents/Carers,

Children's mental health week – Monday 22 to Friday 26 February

Here at Broadstone First School we are committed to working on providing education, support and opportunities for all our students to understand more about their mental health. We understand that given the current pandemic, the mental health of the nation has, and will continue to take a hit. Life has changed so dramatically for our students and families and the uncertainty of when things may/will go back to 'normal' means that we just don't know the long-term mental health effects for children.

This year at BFS, we wanted to move the focus of Children's mental health week to the week immediately after the half term due to the extended lockdown period for schools. Children's mental health week this year will follow the overarching theme 'Mental Wealth', focusing our minds on staying healthy. There are four broad areas within 'Mental Wealth' and each day students will focus on one of these areas: -



'Ready, set, go' and 'Meet and Greet' sessions will be led by key questions and prompts for discussion. Following on from this, daily there will be a short video and an activity which links with the theme that students can complete during the day. (The video links will be shared via your child's class teacher). Alongside this, our Catlive website will have a page dedicated to children's mental health – with links to help websites as well as mindfulness and yoga videos created by our very own resident yoga instructor and learning support assistant Natalie Smit-Ash!

Staff have and continue to be available online and by phone for any students and families who are struggling at this time. At the very least we can offer a friendly ear and we would continue to ask families to reach out to us if you

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need extra support. Please do not struggle alone. Our inclusion team may be able to give you advice and point you in the direction of specialist services that can help.

Please help us to remind everyone of the importance of children's mental health (indeed, everyone's mental health) in this week. Try and find time to encourage your children to step away from their IT devices and take part in mindful activities. Remind them of the importance of being in the moment and appreciating the natural world around them. Take time as a family to talk together, walk together and laugh together.

In the meantime, we wish you a relaxed and peaceful half term break.

Kind regards

A handwritten signature in blue ink, appearing to read 'Rebecca Wood', with a horizontal line underneath.

Rebecca Wood

Head of School