



Wednesday 4th February 2026

Children's Mental Health Week

Dear Parents and Carers,

We are excited to let you know that during the week commencing **9th February**, we will be celebrating **Children's Mental Health Week** at Chapelford. I am writing to you to outline some of the events and activities that will be taking place across school.

This year's theme is **"This is My Place"**, which is all about feeling like you belong, whether it's in your family, your school, with your friends or in a team. Feeling connected and valued helps children feel happy, safe and ready to learn and play. It supports their mental and physical well-being and helps them build friendships, succeed at school, and feel good about themselves.

During the week, we will be exploring ways to help everyone feel included and valued. Children will share what makes them happy and safe in their "place," learn how to be kind, and discover ways to include others so that no one feels left out. This links closely with our school values of aspiration, resilience, and collaboration. It is also a chance to revisit the autumn term PSHE learning on families and relationships that children completed.

During Children's Mental Health Week, children will take part in a range of activities to explore belonging and kindness. EYFS, Year 1, and Year 2 will work together to create care bags to spread happiness, including baking treats, making cheerful photo frames, and writing letters or cards for others. Years 3–6 will focus on mental health and belonging through activities such as Brain Hat and Brain City workshops, a Year 5 assembly on Internet safety, and a Year 6 leaflet promoting kindness to younger children. In class, all children will engage in creative exercises linked to the theme "This is My Place", including drawing themselves with important people, making mosaics, mapping activities, creating belonging trees, and reflecting on where and when they feel they belong. These activities aim to help children feel connected, valued, and confident, while exploring ways to include and support others.

Your child will also have the exciting opportunity to take part in a **Skipping Ninja workshop**. These fun, high-energy sessions focus on using movement to support mood, focus, confidence, and wellbeing, helping children feel both physically and mentally strong. Please ensure your child comes to school in their **PE kit** on this day. You can find the day your child will be participating in this workshop below.

Tuesday 10th February: Reception, Year 1, Year 2, Year 3 and Class 14

Wednesday 11th February: Class 15, Class 16, Year 5 and Year 6

In the autumn term, we asked for a voluntary contribution of £7.50 per child to support enrichment activities across the year for your child, including Diwali celebrations, skipping workshops and an additional year group activity. Our school budget relies on these contributions; it is very challenging to provide these experiences without putting a strain on our school budget without your support. If you have not yet contributed but are able to, please make your payment via **ParentMail under the heading 'Enrichment'**.

We are looking forward to a fun and meaningful **Children's Mental Health Week**, helping our children feel happy, safe, and valued in their place at school and in the world. Please visit our school Facebook page to stay up to date with what's going on. You can also visit the official website for more information by clicking the link below:

[Place2Be's Children's Mental Health Week - Official site](#)

If you have any questions, please do not hesitate to email me directly or get in touch with your child's class teacher.

Thank you for your continued support.

Kind regards,
Mrs K Farrar
PSHCE Lead