



Children's Mental Health Week

Children's Mental Health Week is taking place nationally during the week of the **7th-13th February 2022**. The purpose of the week is to shine a spotlight on the importance of children and young people's mental health. This year's theme is **Growing Together**. This theme will be highlighted at Chesterton through a series of activities.

Assembly & PSHE lessons

Mr Martin will start the week off with a special online assembly and then as a follow-up teachers will be encouraging the children to consider how they have grown, and how they can help others to grow. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. Teachers will be exploring positive ways with the children to deal with these moments.

The Wellbeing Mile

A special fundraising version of the Daily Mile will take place during the week in each class. As you will be aware, Chesterton pupils have joined in the daily mile in the past in order to target their physical, emotional, social and mental health. For the Wellbeing Mile we will invite all Chesterton pupils to walk the equivalent of a mile (approximately 6 laps of the school playground). When doing so we are asking families to voluntarily donate £1 for children to take part. The money raised will be spent on buying wellbeing resources such as special felt-tips & wellbeing colouring packs for each classroom. Certificates will be awarded to all participants regardless of whether donations are offered.

Cookie Friday

All pupils will be offered a delicious cookie on Friday 11th February as a thank you for all their efforts over the week. **Please notify the School Office if you would rather your child/children do not partake in this.**

We very much hope that all parents and children in the Chesterton community will join us and support this important week.

Thank you in advance for your support,

Mr Ioannou and Mrs Wykes