



Executive Headteacher Mrs C Adams
 Head of School Mr M Cuniffe
northbrookpa.org

Thursday 2nd February 2023

Dear parents,

Children's Mental Health Week 2023



We are excited to inform you that next week (6th – 10th February), we will be joining in with national Children's Mental Health week. This week will focus around helping children understand what mental health is and how we can keep ourselves and our minds healthy.

The theme of this year's event is 'Let's Connect!' and so we will be looking at how we connect with others in our lives. As part of the national event, we will be joining in with the various activities across week the week to help us feel connected. These fantastic activities include everything from yoga and forest schools to team building session and online safety sessions.

As mentioned above, as part of the learning in this week your child will be given the opportunity to attend a Yoga session and a Forest Schools session. Please see the timetable below for when this will be scheduled for your child. Children need to be in PE kit on the days they have yoga.

Monday 6 th February	
Yoga Year 4, Year 5 and Year 6.	Forest Schools Year 4 and Year 6
Tuesday 7 th February	
Yoga Reception, Year 1, Year 2 and Year 3	Forest Schools Year 1 and Year 5
Wednesday 8 th February	
	Forest Schools Reception
Thursday 9 th February	
	Forest Schools Year 2 and Year 3



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Children need to attend in their usual PE kit on their Forest School days. In addition, please can you also ensure they have the following kit with them.

Forest School Kit List

- A warm waterproof coat
- A spare pair of comfortable trousers (jogging bottoms or leggings) NOT jeans
- Wellies or sturdy closed toe shoes (which you don't mind getting wet and muddy!)
- Plastic bag for wet/muddy clothes
- Hat, scarf, gloves – optional

As always, we thank you for your continued support.

Kindest regards,

J Wilson

Mrs J Wilson
Northbrook Primary Academy