



9<sup>th</sup> February 2026

### **Celebrating Children's Mental Health Week at Selwood Academy**

Dear Parents and Carers,

At Selwood Academy, the wellbeing of our pupils is at the heart of everything we do. We are pleased to announce that this week we will be participating in Children's Mental Health Week. This is a dedicated time for our pupils to explore the importance of emotional health, build resilience, and learn tools to navigate the modern world.

Our staff have curated a diverse range of activities for Years 5 through 8, designed to integrate "wellbeing moments" into the school day.

Throughout the week, pupils will engage in specific activities during tutor time and across their subject lessons. These will include exploring current affairs through a mental health lens, sharing positive messages through acts of kindness and discussing the digital world and its impact on wellbeing.

In addition to our assemblies, subject teachers will be leading short "Mindfulness Moments" to show pupils how to manage stress and find balance in different environments: To support these conversations at home, we have attached a Wellbeing Calendar with simple, daily activities you can do together. We encourage you to check our social media pages throughout the week for further resources and updates on what the children have been achieving.

Thank you for your continued support in fostering a healthy, happy environment for our young people.

With best wishes,

Luci Hooper

Head of Key Stage 2

**'Let your light shine before others' Matthew 5 v 16**  
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Safeguarding is everyone's responsibility - Selwood Academy is committed to safeguarding and promoting the welfare of our children and we expect all members of staff, volunteers and visitors to share this commitment.

# ❤️ week 1: Children's Mental Health week

MONDAY

Check In: Ask a friend/family member how they really are.

TUESDAY

Walk & Talk: 15-min walk, no phone. Notice 3 new things.

WEDNESDAY

The Feed Cleanse: Unfollow accounts that make you sad.

THURSDAY

Real Reading: Read 10 pages of a physical book.

FRIDAY

Kitchen Helper: Help cook a meal for the family.

SATURDAY

Sleep Recharge: No alarm clock today. Rest up!

SUNDAY

Gratitude: Write down 3 things you are grateful for.



# week 2: Half Term Reset



MONDAY

Nature Fix: 1 hour outdoors (Woods, park, or garden).

TUESDAY

Create: Draw, bake, build, or paint. Use your hands!

WEDNESDAY

Tech Detox: No screens until 12pm. You can do it!

THURSDAY

Face-to-Face: Meet a friend in person, not online.

FRIDAY

Movie Night: Popcorn + favorite film. Phones away.

SATURDAY

Music Therapy: Listen to a favorite album start to finish.

SUNDAY

Goal Setting: Set one positive goal for the new term.