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Dear Parent/Carer

3rd February 2021

Re: Children's Mental Health Week

As you know this week is Children's Mental Health Week and on Friday we are having a day whereby we all look after ourselves and our own mental health and well-being.

Teachers will be setting mindfulness activities for you and your child to take part in if you would like to do so. Please do not submit any work for marking on Friday as the Class Teachers will not be responding to posts on Seesaw – they are having a break from it too.

Obviously, our school will still be open and our staff will still be at work but I would like us to reduce the pressure on them for this one day.

There are some great resources you could access at:

<https://www.childrensmentalhealthweek.org.uk/>

Thursday 4th February is also Time To Talk Day. At this time it is so important that we do take the time to talk to each other so please encourage your child to reach out and make contact with someone they maybe haven't seen for a while.

Remember – Friday is our Keeping Connected Coffee Morning and everyone is welcome to join us. Just contact the school office for the joining instructions.

Yours sincerely

Mrs D Cross
Head Teacher

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