



3rd February 2023

Dear Parents / Carer

CHILDREN'S MENTAL HEALTH WEEK: 6TH – 12TH FEBRUARY

We are delighted to inform you that Rooks Heath School will be supporting student wellbeing during Children's Mental Health Week, which takes place between the 6th – 12th February. This year's theme is 'Let's Connect' and encourages an inclusive approach to making meaningful connections with others. People thrive in communities, throughout our lives we rely on others to meet our physical and psychological needs, which in turn is reflected in how we help to meet the needs of others. Our rewarding connections means we are more likely to experience better mental health. So where better to start connecting than in the Rooks Heath community; our students, our staff, our families, and the many vibrant communities around us that make us who we are.

During our student's time at secondary education, connections beyond our immediate family become an important and vital stage of developing them into independent and resilient adults who can build and sustain healthy relationships with others around them. To help them to begin to think about this, students will be looking at the different ways we connect with others, obstacles they may encounter, and explore ideas to work around these. Activities include finding things you have in common with others, understanding difference and carrying out acts of kindness. We will also be marking our connection as a community with an art project.

In this year's art project, we shall be encouraging students and family members to find a pebble, perhaps this could be an afternoon walk all together to the local park, decorate it at home using paints, marker pens or nail varnish and then return it to school where it will take pride of place in a communal place displayed for the whole community to share. We are hoping for a beautiful spectacle.





If you are interested in other activities to do with your children, please click on the link.
https://www.childrensmentalhealthweek.org.uk/media/dkvpj1hk/cmhw2023_parents-carerstips.pdf

For more tips and information about looking after your child's mental health go to
www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/

As a parent or carer, looking after your own wellbeing is also important and Every Mind Matters enables you to get tailored wellbeing support. Use the Mind Plan to see what works for you:
<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/> [Mind Plan](#)

So, in advance of the week to come, please look to nature and seek out some pebbles. We are excited to see our students and broader community's creations and how it will look when all our beautiful pebbles come together.

Yours sincerely,

Mrs Lara Geoghegan
Counsellor

