

31 January 2025

Dear Parents / Carers

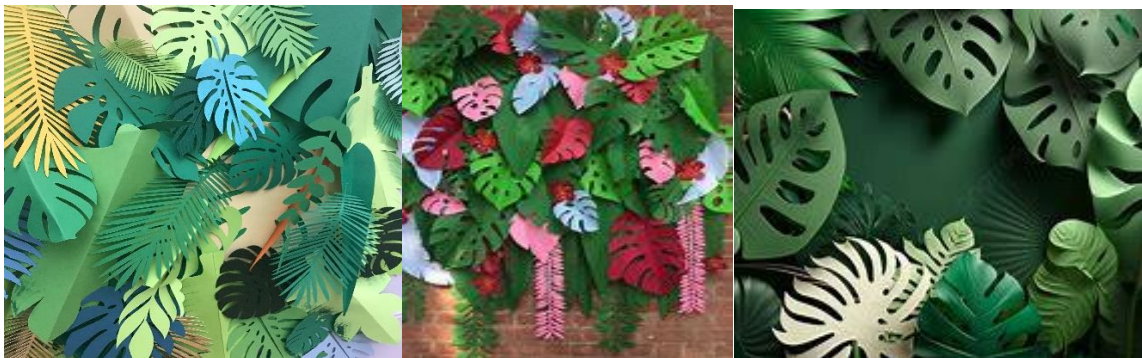
CHILDREN'S MENTAL HEALTH WEEK: 3rd – 7th FEBRUARY

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 3rd – 9th February. This year's theme is **'Know Yourself, Grow Yourself.'** The Rooks Heath community is where we celebrate the individuals that form our community; our students, our staff, our families, and the many vibrant communities around us that make us who we are. We want to equip and empower our young people, and the adults who surround them to embrace self-awareness and explore what is important to them. We would like your support in helping our young people understand what makes them/us tick, their/our likes and dislikes, strengths, fears, hopes and dreams. **So, in advance of the week to come, please share with your children the roots of their identity, ask them what is important to them and the personal characteristics that they wish to grow.**

Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness. It is through knowing ourselves and speaking with others, that we can build resilience, grow, and develop. And that is something we continue to do as adults.

During our student's time at secondary education, identity becomes an important and vital stage of development. When we think about what is growing from these roots, as with greater understanding of oneself also comes an increased capacity for personal growth, resilience, and connection with others. We shall be thinking about this collectively.

In this year's art project, each Tutor Group will have a leaf to share how they 'know' themselves and another to share how they 'grow' themselves. All our leaves will take pride of place in a communal area and be 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.

[How to support your child's mental health – Place2Be](#)

You can also find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You - Support for parents](#)

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](#)

We are excited to see our students' leaf creations and how the forest of leaves will look when they all come together.

Yours sincerely,

Mrs Lara Geoghegan
Counsellor

