



Wivelsfield Primary School
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Headteacher: Mrs H Smith BA Hons NPQH

1st February , 2021

Dear Parents and Carers,

Children's Mental Health Week 01.02 – 07.02.2021

This week is children's mental health week and there has probably never been a time recently when it has been more important to look after our young people's emotional wellbeing. During the week, we will have a virtual mental health assembly and teachers will also be sharing activities for your children to try. Below is a link for parents and carers, so you can find activities should you want to.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Contact us:

If you are worried about your child's mental health, we are here to help. Either phone the school, or email you child's class teacher or the school office in the usual way and we will get back to you as soon as possible. There is also support on the NSPCC website:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Don't neglect your own emotional wellbeing:

We invest a lot of energy in looking after our children's health, but it's important to remember to look after yourselves as well. You may have already seen this, but in case you haven't, the Duchess of Cambridge has a message that includes parents and carers:

<https://www.childrensmentalhealthweek.org.uk/news/the-duchess-of-cambridge-sends-message-to-mark-children-s-mental-health-week/>

The charity Mind also has support and links where to go for help if you need it.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

To help cheer us all up, although it doesn't seem possible now, It's worth remembering that in just a few weeks' time we will have longer days, warmer sun and gardens, woods, parks and verges will be full of spring flowers!



Postponement of INSET Day

We have an INSET day planned for **Monday 22nd February**. This has been postponed until later in the year, when we hope staff can get together in person for training and you can either enjoy a day out with your children, or child care will be easier to plan.

Thank you to those of you who have already completed the governors' survey, we value your comments.

Please remember to get in touch if you have any concerns or questions, however small, and thank you for your ongoing support.

Kind regards,



Helen Smith
Headteacher