



Lord Avenue, Clayhall, Ilford, Essex, IG5 0DB  
Tel: 0208 550 5253

Email: [admin.parkhill-jun@redbridge.gov.uk](mailto:admin.parkhill-jun@redbridge.gov.uk)  
Head teacher: Mrs Denise Hughes-Mulhall  
B.Ed (Hons); MA.Ed; NPQH  
[www.parkhilljunior.com](http://www.parkhilljunior.com)

Monday 31<sup>st</sup> January 2022

Dear Parents and Carers,

Children's Mental Health Week

As our lives continue to adjust following the impact of Coronavirus, we know that children need our emotional support, now more than ever. As such, we continue to participate in 'Place2Be's' Children's Mental Health Week, which is taking place from the 7<sup>th</sup> to the 13<sup>th</sup> February 2022.

This year's theme is **Growing Together**. The week is an opportunity to shine a spotlight on children and young people's mental health and to help them access the emotional support that they need in order to thrive. **Growing Together** is about growing emotionally and finding ways to help each other grow. It is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

During this week, we shall be incorporating into our lessons, activities to support our pupils in recognising and understanding what they can do to support theirs and others' emotional growth.

The children will be exploring their achievements and how this has helped them to grow. They will continue to set new goals to develop their emotional growth and be supported in identifying how they will achieve these goals. They will hear inspiring stories of emotional growth, carry out mindfulness activities and express themselves through art. The children will be learning some sign language as they perform the song 'Reach for the Stars' and celebrating acts of kindness.

'Place2Be', a children's mental health charity, has provided resources to support both children and families, which can be found at <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>. This includes top tips for parents and carers as well as giving ideas for some activities you can do together with your child to promote well-being.

We will end the week with a **'Dress to Express'** Day. In celebration of the week, all pupils and staff can wear their favourite colour(s) to express how they are feeling. This will be an opportunity for self-expression and provides an opportunity to celebrate a diverse range of emotions.

Enjoy learning!

Your sincerely

The Rights-Respecting Team

