

# Children's Mental Health Week



1<sup>st</sup> - 7<sup>th</sup> February 2021



Children's mental health and wellbeing is always an all year round focus at Prospect Vale. We aim to giving the children the best childhood experiences and opportunities possible, to enable them to be positive, well equipped young people for when they encounter adversity. However, with schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.

Next week is **Children's Mental Health Week** across England. For this year's theme **Express Yourself**, children (and adults) are being encouraged to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

To conclude this special week, we are asking all the children from Prospect Vale, both at home and at school to...



*'Dress to Express'*



***On Friday 5<sup>th</sup> February, we would love all the children to dress up to express their personality, something they love doing, a hobby, or even something they aspire to be! For those of our children who are at home, please do send in a photograph of you being dressed up and any to your home-school learning email.***

Please also access the activities on the **school website**, in the **Children's Mental Health Week 2021** section; there are lots of fun and engaging activities to support children's mental. <http://www.prospectvale.stockport.sch.uk/>

Additionally, the following website has further ideas which can easily be used at home.

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

**Whatever you choose to do to focus on this week, please share it with your teacher using the home-school learning email!**

P. 9  
K.C.