

Friday 4th February 2022

Dear Families,

Children's Mental Health Week

Next week is Children's Mental Health Week and specifically on Friday 11th February it's the Northamptonshire Mental Health Awareness Day.

The theme this year is – It's The Inside That Matters. Sometimes how people present themselves to the outside world is different to how they feel inside. We will be focusing on how we are feeling and to always consider how somebody else may be feeling on the inside.

Activities for the week will include PE lessons that allow for peaceful contemplation. Music in the upper playground at lunch times. The film 'Inside Out' shown in classes at lunch time and we will be launching the KPJA Wellbeing Ambassador programme to help us to support our children throughout the year. On the last day of term will be the 'Inside Out' day and we are asking children to wear their school jumper/cardigan or their PE top inside out. We are hoping that this will encourage children to explore the idea of how we express ourselves. Finally, as part of the Northamptonshire initiative, the whole school will be participating in a community art installation which will be installed in the Northampton Museum!

Thank you for your support in raising awareness with us.

Kind regards

Mrs Parkes
Wellbeing Mentor