



# Wear Your Scarf to School Day

Tuesday 4th February

The theme for **Children's Mental Health week** (3<sup>rd</sup> -7th February) this year is **Know Yourself, Grow Yourself** supported by the Inside Out 2 characters.!

To mark Children's Mental Health week, we will be holding a **Wear Your Scarf to School Day** on **Tuesday 4th February**. On this special day, the children are invited to wear a special or favourite scarf all day in school.

During this week, children will be involved in a School of Kindness virtual assembly and special themed activities that promote ways to stay mentally healthy will be delivered across the school. The activities will also help the children to remember our school SCARF values of **Safety, Caring, Achievement, Resilience and Friendship**.

## What is SCARF?

SCARF is a big part of our health and wellbeing/ PSHE curriculum where the children learn about all the things they can do to keep themselves **physically** and **mentally** healthy.



## Further advice and support

- **Happier Minds**- //happierminds.org.uk
- **NSPCC**- www.nspcc.org.uk
- **Young Minds**- Parents Helpline 0808 802 5544/ www.youngminds.org.uk

## Place 2 Be parenting smart

Take a look at the Place 2 Be website for some advice from child mental health experts. Short video topics include:

- My child has meltdowns
- My child has trouble going to sleep
- My child thinks they need to be perfect

<https://parentingsmart.place2be.org.uk>