



Wear Your Scarf to School Day

Friday 10th February

The theme for **Children's Mental Health week** (6-10th February) this year is **Let's Connect!**

To mark the end of Children's Mental Health week, we will be holding a **Wear Your Scarf to School Day** on **Friday 10th February**. On this special day, the children are invited to wear a special or favourite scarf all day in school.

During this week, special activities that promote ways to stay mentally health 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.

Let's connect!

Let's connect is about making meaningful connections and encouraging people to connect with others in healthy rewarding and meaningful ways.

You are not alone!

If you think your child is unhappy or you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good job. But you aren't alone. Please **talk to us** and...

1. *Ask for help if you need it*
2. *Don't struggle alone*
3. *Take time for yourself*
4. *Don't blame yourself*
5. *Speak to your GP if you are struggling to cope.*



Further advice and support

- **Better Together-** www.dwmh.nhs.uk
- **Happier Minds-** [//happierminds.org.uk](http://happierminds.org.uk)
- **NSPCC-** www.nspcc.org.uk
- **Rethink-** 0808 802 288
- **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 super practical tips to support children's wellbeing and behaviour. Topics include:

- My child still wets themselves
- My child is being bullied. What can I do?
- Helping your child prepare for secondary school.

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