

Benhurst Primary School

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Wednesday 29th January 2020

Dear Parent and Carer,

Children's Mental Health Week 3rd February - 9th February 2020

Children's Mental Health Week is run in association with the children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is **Find your Brave**.

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self-esteem and make you feel good about yourself. Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself. We all have times when we need to 'find our Brave'. It also reinforces our Core Values and children are regularly encouraged to show courage with their learning.

Our Pupil well-being champions will be taking an assembly and leading some class activities throughout the week. It would also be lovely if you could get involved at home.

Get caught being brave!

Being brave and showing courage is a very important life skill. Children need reassurance that it is ok to feel nervous at times and learn ways to help them to 'find their brave!' Therefore, we would love photographs of the children when they have shown courage, for example: holding a certificate when they have accomplished something, doing an activity for the first time, taking part in a charity event etc. Please hand these in to your class teacher or send to our Twitter account @BenhurstPrimary and use @Place2Be's #ChildrensMentalHealthWeek. Please feel free to send any photographs to ddenchfield@benhurst.havering.sch.uk and Mr Denchfield will tweet the photograph!

We look forward to seeing what the children have achieved.

Thank you for your continued support.

Mrs Hillyer

Pupil Mental Health Champion