



Pinfold Street  
Primary School



## Mental Health and Wellbeing Newsletter - 7.5.21

### Mental Health Awareness Week – WB 10<sup>th</sup> May 2021

It is Mental Health Awareness Week WB 10<sup>th</sup> May and this year we felt it is more important than ever to get involved.

**The theme for this year is 'Connect with nature'**



For us as a school this is perfect with the farm and our amazing outdoor areas that we have.

Throughout the week the children will work on the following five areas:

- Grow or pick food
- Bring nature inside
- Help the environment
- Connect with animals
- Do activities outdoors

The teachers have planned lots of lovely activities for all of the children to take part in.



During the week the children will also be working on 5 ways to support their wellbeing using a teddy bear to help. We will share more information about this next week so that you can support your child with these strategies too.



At Pinfold Street Primary School we have 421 very different and unique children. We value each and every child equally regardless of their background or needs.

We work very hard with our children to not judge a book by its cover. We also work with our children to make them aware of hidden disabilities.

We would like to ask all of our parents and carers to support us in supporting ALL of our pupils.

We would like to thank each and every one of you for your continued support during these difficult times. Please do not hesitate to contact a member of staff should you wish to discuss any issues regarding mental health and wellbeing.

One final thought of the day...

