



*Sacred Heart Catholic Primary  
School and Nursery*

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Monday 1<sup>st</sup> February 2021

Dear Parent / Guardian

This week is Children's Mental Health Week, this year's theme is 'Express Yourself' and we're encouraging pupils and parents to explore different ways to express ourselves and the creative ways we can share our feelings, our thoughts and our ideas. With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important. Teachers this week will be providing opportunities for times of reflection and ideas on how to express ourselves more.

If you would like additional resources click on the link to [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk) which offers lots of ideas to help you and your family express yourselves. As the majority of pupils are now at home, there will be an assembly available which will provide an easy way to bring the nation's children together (virtually) with a positive message about the power of creative self-expression, this can be accessed through the link above. Famous faces and contributors will also be taking part live from their homes. It will feature pupils and well-known faces discussing the theme of Children's Mental Health Week, as well as ways that children and young people can get involved at home. It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter and Place2Be Champion Rhys Stephenson.

As a staff we are conscious of the amount of time pupils are being expected to spend in front of screens in this current situation. With this in mind we have decided to make Fridays a '**Screen Free Friday**'. Teachers will provide a menu of activities for your child to choose from which will still involve activities drawing on English and maths skills but will be away from the screen. This will be rolled out over the next couple of weeks by year groups and may include an afternoon or full day to begin with. Pupils are asked to upload a photo of some of their work from Friday via their class page, please follow your class teacher's instructions. This will then be shared during their live session at the start of the following week with feedback from their teacher.

Yours sincerely,

Mrs E Crabb  
Deputy Headteacher



Southend-on-Sea



Silver Quality  
Mark 2013/14



*Headteacher: Mrs Janet Mullally*

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