



Friday 4th February

Dear Parents/Carers,

Bishops Tawton Primary School are pleased to be taking part in Children's Mental Health Week starting on Monday 7th February. Please find attached an information leaflet explaining a little about what will be happening and why it is important. This [link](#) will provide further information.



[Parents and Carers - Children's Mental Health Week](#)

Parents & Carers. The theme of this year's Children's Mental Health Week is Growing Together. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

www.childrensmentalhealthweek.org.uk

We want to help to support the children and wider community to build resilience and empower them with strategies to cope and manage feelings around this.

Please use these resources to talk to your child(ren) about Mental Health and in particular about Growing Together - how we not only physically grow and change but how we emotionally grow and change.

Look out for photos and information during the week. The teachers are already planning lots of activities and it should be lots of fun!

Best wishes,

Mrs Donna Clark - SENDCo