



Personal Development: Children's Mental Health Week

Dear Parents,

This week we have proudly supported Place2be during Children's Mental Health Week. The Wellbeing Ambassadors kindly request that you reflect on the learning that has taken place with your little loved ones in hope that it brings reassurance and confidence to them all. Let's invest in what matters, to equip the next generation with the knowledge and tools to best support their mental health...and let's continue to connect!



Children's Mental Health Week

Here at Cuddington, we value Mental Health as the state of wellbeing where our children have the confidence to identify their own ability to cope with the challenges of life so that they can make a valuable contribution to their community. Children's Mental Health Week has been the perfect opportunity for us in school to share this message with our children.

[Module 1.3a What is mental health? - YouTube](#)  
[Improving children's mental health in schools - Place2Be.](#)



Place to Be

Since 2015, Place2be have continued to launch a national Children's Mental Health week to shine a spotlight on the importance of child mental health. We would like to share with you the work our children have been part of this week to promote the importance of this significant step in their personal development. We are also incredibly proud to share the news that our Year 4 Young Voices choir were part of a fundraising recording for Place2be with Heather Small (MPeople).



Let's 'Connect'

The theme behind this week has been to 'Connect' which has shone a light on making meaningful connections for all. Children across school have engaged in a plethora of connect activities: time for self-reflection; the launch of our new Wellbeing Ambassadors; activities encompassing the value of giving; and even a chance to practise relaxation techniques. We conclude the week with a 'Dress to Express' day, a fitting way of uniting our school community on such an important topic as we continue to fulfil our school vision of aspire, respect and collaborate.

What our children said at school...

- "Pulling up weeds was fun!" (Lana - Y2)
- "I think it is important to support children with their mental health so they can enjoy a happy life." (Bea - Y5)
- "Yoga made me feel better" (Zach - Y4)
- "Reading at Sandiway made me feel important." (Miley - Y6)

# Cuddington Connects

Meet our new Cuddington Wellbeing Ambassadors...



What can you do at home?

- Connect with your child in everyday ways.
- Talk to your child about their connections.
- Talk to your child about their friends.
- Take an interest in your child's world.
- Find time to connect as a family.
- Resolve conflict, re-connect after disagreements.

[Families - Children's Mental Health Week](#)

Connect Together	Coming together for an assembly with a special performance from the Y4 choir was the perfect way to start the week. This day saw us creating class postcards, random acts of kindness slips and sketching portraits together with friends.	
Connect with Nature	The sun really did shine for us as we got green fingered on our school grounds. Year groups took to the allotment and planter boxes to complete some weeding, whilst others embarked on nature trails.	
Connect with Mind and Body	A day of calm and tranquillity for us all. Catherine our school Yoga instructor, led our whole school Yoga day where each class had space, reflection and physical exercise in their very own, personalised Yoga Session... we didn't want it to end!	
Connect with the Community	We certainly did share the love across our community! Y6 pupils swapped roles with pupils from Sandiway Primary to read in each Reception class. Year 4 pupils sang at Redwalls, our local Nursing Home, while Year 5 pupils completed a litter pick.	
Connect with Ourselves	'Dress to Express' And what a finale it has been! It was truly fabulous to see all the community dress to express their individuality. A red-carpet event that will never be forgotten!	

A special thanks to our Personal Development Link Governor, Helen Piggan and to our Wellbeing Ambassadors. Thank you for your ongoing support, Mrs. Potter.

Help us stay connected

Continue to engage with friendly smiles.

Share your ideas with our PTA.

Would you like to become a school volunteer?

Share your feedback and have your say.

Look out for our next whole school event, (World Book Day)