



Children's Mental Health Week 2023

Dear Parents and Carers,

Children's Mental Health Week is taking place from **6th - 12th February 2023** and is an opportunity to shine a spotlight on and raise awareness for children's mental health.

The theme of this year's Children's Mental Health Week is **Let's Connect**.

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

As parents and carers, you play such an important role in your child's mental health. Please click on the link below to access free resources.

<https://www.childrensmentalhealthweek.org.uk/families/>

Beacon Counselling are very busy organising a week of after school activities for children and young people, focussing on the 5 ways to wellbeing. These will be **online** and at an **in person event**. Please see flyer attached to this letter or you can also register for information by completing this onlineform: <https://forms.office.com/e/HtXVuWqHcu>

To celebrate Children's Mental Health Week we are having a **'Let's connect'** afternoon on **Friday 11th February**.

This will involve children working together to build, play games, make a class of paper chains, pen pal writing and other activities that encourages an inclusive approach to making meaningful connections for all – during Children's Mental Health Week, and beyond.

For more information about Children's Mental Health Week please click on the link below:

<https://www.childrensmentalhealthweek.org.uk/>

Thank you so much for all of your continuing support.

Yours sincerely

Mr Adam Hossen
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Head Teacher: Mr Adam Hossen
Deputy Head Teacher: Mrs Gerry Rose



2019-2022



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CHILDREN'S MENTAL HEALTH WEEK EVENT



Monday 6th February 2023 - Thursday 9th February 2023

The week will have a range of sessions online and in-person between 4:30pm-6:30pm. The event will focus on the 5 ways of Wellbeing.

Connect

Learn

Give

Be Active

Take Notice

Special Guests announced soon!

More details to be confirmed.



Find out more
sos@beacon-counselling.org.uk



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Leading Parent Partnership Award

2019-2022



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