



St Nicolas and St Mary Church of England Voluntary Aided Primary School

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Headteacher Mr D Etherton B.Ed Hons. NPQH

Associate Headteacher Mr A Lincoln

5th February 2021

Mental Health and Wellbeing Week w/b 8th February 2021 Non-School Uniform Day: Comfy Clothes Tuesday

Dear Parents & Carers,

In these challenging times, it has never been more important to talk about mental health so next week the whole school will be participating in activities, at home and at school, that help us to think about how we can look after our own mental health and that of others. Class teachers will be uploading videos of our collective worship daily which will also outline the PSHE activity for the afternoon; these activities have been planned so that mixed ages can participate in them together.

On Tuesday, we will be thinking about the Zones of Regulation and what we can do to help us to get back into the 'Green Zone'. At times, putting on comfy clothes can help us to feel more regulated so on Tuesday we are asking children at both home and school to wear non-uniform and something that they feel really comfortable in such as their favourite hoody or tracksuit.

We recognise that as we near the end of a half term of lockdown, many children and parents are finding the situation increasingly challenging. We hope that the timing of mental health week will be supportive and that parents/carers find the information uploaded to our website useful.

Where to locate the information on our website:	
Home » Parents & Carers » Safeguarding and Welfare » Well-being - Parent & Carer Support	<ul style="list-style-type: none"> • Resources to help children think about what they can do to look after themselves and others. • An activity that will help children think about what they can and cannot control. • Links to courses on supporting children's mental health and understanding children's behaviour. West Sussex Mind are running some excellent free courses: https://www.eventbrite.co.uk/o/west-sussex-mind-8288439768 • Links to agencies that offer advice and support. • Ideas of how you can look after your own mental health as parents/carers.
Home » Parents & Carers » Curriculum » PSHE » Zones of Regulation	<ul style="list-style-type: none"> • Lots of resources and information regarding the Zones of Regulation.
Home » Pupils » Home Learning » Useful Links and Resources	<ul style="list-style-type: none"> • Guidance for parents regarding tips for home learning.

We are committed to supporting you at this difficult time so please do contact the school via the Office if you are in need of support and we will do our best to help you or signpost you in the right direction.

Kind regards,

Miss H. Wing

Assistant Headteacher for Inclusion