



Dear Children,

Thank you for taking part in our Children Mental Health Week last week. I saw some of you dressed in a special way to express yourself and your teachers told me about the rest of you.

You all know that it is really important that we talk about mental health and support each other. This is really important during COVID as we don't all understand what is going to happen. Adults feel like this also.

Sometimes, I hear children talk about being stressed and anxious, and I wanted to help you understand it a bit more.

Stress and anxiety are closely related, but they're not the same thing.

**Stress** is a natural response to a challenge. Changes in our brains make our hearts pump faster and our palms sweat as we get ready to respond to what is going on. Stress can make us feel nervous, angry, and frustrated. Not all stress is bad. There's good stress, too, as it sometimes makes us feel ready to complete big tasks, like tests.

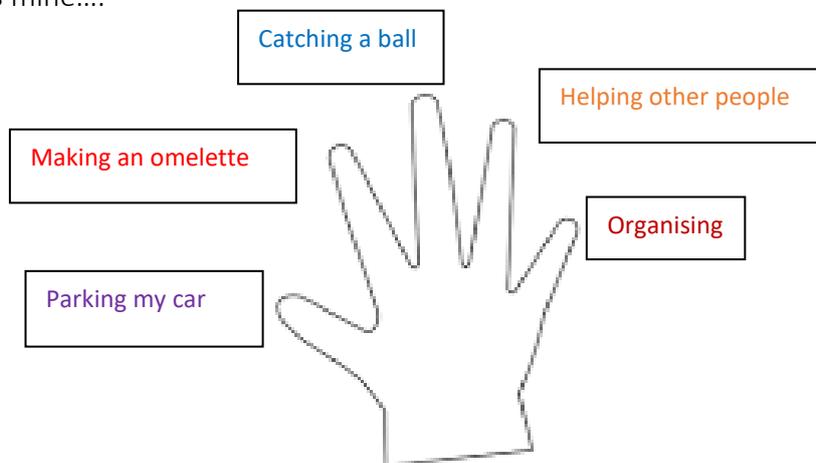
**Anxiety** is different. It's a *reaction* to stress. It's the feeling that we get when we don't think we can handle the big worry, because we can't control this, it makes us feel worried and afraid. Talking to someone helps as they can help you control the worries.

We need to try and not feel anxious; it is important to remember that there are things that you can do, things that you can't do and things that you can't do **yet**.

You need to be happy about the things that you can do. Some of you are amazing at skipping, some are amazing at art or science and some of you are amazing at spellings. Have a think about how many things you are amazing at. If you have the time, draw around your hand and write something amazing about yourself in or near each finger. You can then decorate it.

Sometimes, it is hard to think about how amazing we are.

Here is mine....



I would like to see your 'amazing' hands, so ask your parents to send me a photograph of them on DoJo.





### Wellbeing and Mental Health Mentor Chair Cover

Last week, some of your families donated money to school to support mental health. We raised an amazing £60. I told your parents that I would tell them what I would spend it on. I have bought each class a special chair cover. It means that each week, one person in each class will be a well being monitor and they will be in charge of helping other people to feel happy and they will also be in charge of giving out some special stickers.



The government have given the school some money to help you all. We have spent a little bit of it on some mental health resources. This is what we have bought.

### Making the Right Choices - Emotions and Anxiety Kit

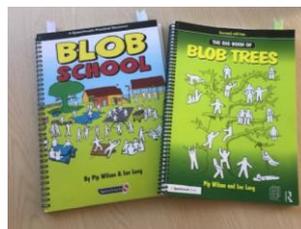
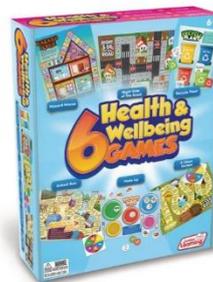


Anxiety and Worry Kit

### Everybody's Different: The Appearance Game



Health and Wellbeing Games



Your teachers and staff in school will be using the resources with you in school when you return and they will be setting up a Google Meet with some of you. Ask your parents to tell me if you are feeling a lot of worry and we will try and help you.





During half term, try your hardest to help each other feel happy. Make some delicious pancakes, laugh and have fun. You could also try to help someone during Lent.

In school, the staff sometimes feel sad that you are not all here, but we all try to make each other happy. Every week, Mrs Chaganis puts some lovely daffodils in my office to make me happy- even though they don't look healthy in this photo.



Last week I bought the staff some lovely doughnuts and tomorrow Mrs Smith, from the office, has organised a breakfast sandwich for the staff. Miss Blacklock, our cook, is cooking it all. There is a lot of team work and you need to remember that you are part of St. Mary's team even in this different time, and we will get back to being together soon.

I have heard about some amazing performance poetry in year four; you really made Mrs Smith happy. Tomorrow, you have a fun day making valentine crafts. Miss Readman's videos made me smile and we all need to smile.

I would love to know all about how you help people and make them happy.

Keep smiling,

Mrs Tumelty.  
Acting Head of School.

