



# FARNBOROUGH PRIMARY SCHOOL

Farnborough Hill, Farnborough, Orpington, Kent BR6 7EQ

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Website: [www.farnboroughprimary.co.uk](http://www.farnboroughprimary.co.uk)

Miss A James BA PGCE Head Teacher

Mrs C Browne B.Ed Hons Head of School

21 January 2021

Dear Parents and Carers,



As we are entering the third week without all of our fantastic children in the school building with us, I wanted to take the opportunity to share something positive that will be happening in the coming weeks and tell you how we will be celebrating **Children's Mental Health Week** this year which will run from **1-7 February 2021**.



With schools partially closed and lots of uncertainty, children's mental health has never been more important. This year's theme is 'Express Yourself' so we will be encouraging both the children in school with us and the children learning at home to be thinking, exploring and creating different ways they can express themselves. We will be encouraging the children to find ways in which they feel comfortable sharing their feelings, thoughts and ideas.



You will notice that in all classes we will begin sharing ideas during PSHE session over the next few weeks and that the teachers will be taking a few moments to talk to the children about the importance of mental health. During Children's Mental Health Week, we will have a superhero art project, a whole school talent show and a fancy dress day with the theme 'Dress to Express'. This could be as simple as wearing their favourite colour to full costumes that they feel expresses who they are.

**Week commencing 25<sup>th</sup> January** there will be short sessions daily which will be just 10 to 15 minutes long and run during your child's current live teaching sessions. There will also be a class talent show for the children to take part in with pupils being put forward to the whole school talent show the following week.



**Week commencing 1<sup>st</sup> February Children's Mental Health Week 'Express Yourself'**. This week there will be our art project running all week as well as our whole school talent show and fancy dress day on the **5<sup>th</sup> February** in the afternoon plus other mindful activities run throughout the week.



Farnborough Primary School is a member of **Nexus Education Schools Trust**

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Company Number 08753718.

The registered office is at Worsley Bridge Primary School, Brackley Road, Beckenham, Kent BR3 1RF.

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Mental Health can feel like a challenging subject to discuss, but it can feel especially challenging with our children. To enable you to feel better equipped we will be putting resources on our website for you to access as well as book lists, suggested toys, games and apps that you may find useful.



I would like to thank you for your support as always and hope you and the children have a fantastic week learning and celebrating this really important subject.

Best Wishes

Mrs Cheeseman

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