

# Oaklands Junior School

Headteacher - Mrs H West

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24<sup>th</sup> January 2019

Dear Parents/Carers,

## Mental Health Week – Healthy Inside and Out

Children's Mental Health Week is running from 4<sup>th</sup> to 10<sup>th</sup> February 2019. It has been highlighted more and more in the media about the difficulties children are now facing with their mental health and how important it is to support them. Increasing demand for support, including CAMHS (Child and Adolescent Mental Health Service), has resulted in over-stretched services and children being turned away as they are 'not severe enough'.

We want to ensure that we are doing everything we can to support children's mental wellbeing. With this in mind, we will be running a variety of activities during the week commencing Monday 4<sup>th</sup> February.

These activities may include:

- A Relax Kids session including relaxation techniques
- Yoga
- Keeping our bodies healthy – inside and out

We will also be holding a non-uniform day on Friday 8<sup>th</sup> February to help fund the week's additional activities. The theme will be 'colours that make you happy'. The children can wear their favourite colour and will be asked to explore what it represents to them.

We are also delighted to be able to offer three parent workshops:

- Relax Kids Family Taster Session – with Alison Sellars from Relax Kids
- Supporting Your Child's Healthy Mind – with Mrs Guy from Corvus Learning Trust
- Sleep Expert – Dr Lindsay Browning from Troublesleeping.co.uk

If you have any questions regarding the activities this week, please contact either Avril Burrows, our SENCo or Nikki Lenon, our Parent Support Adviser.

Kind regards,

Mrs West  
Headteacher

## MENTAL HEALTH WORKSHOPS – REPLY SLIP

**Please complete the slip and return to school as soon as possible. There is limited space for all the workshops and places will be allocated on a first come, first served basis.**

<b>Date &amp; Venue</b>	<b>Time</b>	<b>Workshop</b>	<b>Number of Places Required</b>
Monday 4 <sup>th</sup> February Oaklands Junior School TBC	3:30 – 4:15pm	Sleep Expert with Dr Lindsay Browning (children are welcome to attend with you)	
Wednesday 6 <sup>th</sup> February Oaklands Junior School Hall	3:30 - 4:30pm	Relax Kids Family Taster Session (for parents to attend with their children) Led by Alison Sellars from Relax Kids	
Thursday 7 <sup>th</sup> February Oaklands Infant School Hall	7:00 - 8:00pm	Supporting Your Child’s Healthy Mind With Mrs Guy and Mrs Burrows	
Thursday 7 <sup>th</sup> February Oaklands Infant School Chestnut Class	7:00 – 8:00pm	Crèche facility for <b>children of Oaklands Infants &amp; Junior Schools only.</b>	
Friday 8 <sup>th</sup> February Oaklands Junior School		Non uniform day ‘Colours that make you happy’	

Name: \_\_\_\_\_

Children’s Names and Year Groups:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed; \_\_\_\_\_

Date: \_\_\_\_\_