

Acting Headteacher: Mrs M. Grealis

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Care, Courtesy
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23rd January 2024

Dear Parents/Carers,

Children's Mental Health week is coming up from Monday 5th February - Friday 9th February. This week gives us a fantastic opportunity to open up the conversation around mental health with our students, staff and parents. This year's theme is 'My Voice Matters' and we will be working on ensuring all children have a voice in school. Here is an overview of some exciting things that will be happening that week:

- Monday 5th February - Express Yourself Day! Children are invited to wear non-uniform and clothes that help them to express themselves and how they feel!
- All classes will be doing Art this week as we recognise the importance of how being creative supports our mental health and wellbeing.
- Positivity Club sessions run by myself around kindness, expressing feelings and emotions, friendships, worries and self love.
- Children will be asked to suggest a name for my new Worry Monster.
- Introduction of Kindness Captains - children will receive the kindness captain title for a week when they have done something kind in school - it is then their job for the week to encourage their classmates to be kind to each other.
- I will be meeting with the pupils of the Student Council and gaining the children's voice about what we can do better in our school for mental health.
- Pupil questionnaires - pupils will be asked to fill in a questionnaire to see what we do well for mental health in our school and how we can make it better.
- Each class teacher will be chatting to their classes throughout the week about mental health, what it is and good coping strategies using resources from THASP (The Happy at School Project).

Kind regards,

Miss J. Trigg
Pastoral Manager

