



# St Mary's C.E. Primary School

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## Children's Mental Health Week

This week is Children's Mental Health week. The theme this year is 'My voice Matters', hoping to encourage people to talk more about their mental health and to know they are never alone. Throughout this week, children will be taking part in a series of activities.

To take home this year, is a leaflet for parents giving guidance on how to talk about mental health with children. We have also created a booklet for every child, including a range of activities for them to complete whenever they feel they want to. Each child also has a personalised positive postcard written by a staff member in school too.

We want to fill St Mary's community with kindness because '*A single act of kindness can change your day or someone else's day!*'

**No act of kindness,  
no matter how small,  
is ever wasted.**

Kindness Challenge: attached is a sheet containing 7 days of kindness. We are encouraging children to do two acts of kindness each day - one for someone else and one for themselves. You can either follow the one given or use the blank one to create your own.

Please tweet pictures.

Thank you and please remember we are always here to support.

St Mary's Staff