



Headteacher: Mrs H Ward

Stancliffe Road  
Bedford  
MK41 9AT  
Tel: 01234 300100  
Email: [office@hazeldeneschool.co.uk](mailto:office@hazeldeneschool.co.uk)  
[www.hazeldeneschool.co.uk](http://www.hazeldeneschool.co.uk)

Dear Parents and Carers

**Children's Mental Health Week Monday 3<sup>rd</sup> to Friday 7<sup>th</sup> February 2020**

This year the theme for Children's Mental Health Week is **Find Your Brave**.

*Life is all about taking small brave steps every day. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices. (Children's Mental Health Week.org.uk)*

We will begin the week with a special assembly to invite us all to reflect on this central theme. The children will learn and talk about bravery in class and what this might mean to them and other children and adults.

Some of the resources have been shared by CHUMS, a mental health and emotional wellbeing service for children and young people that provides therapeutic support in a variety of ways. CHUMS says, *Three children in every classroom have a diagnosable mental health disorder. Only one of them currently receives support.* On Friday 7<sup>th</sup> February, we will hold a Shine Bright Wear Bright mufti to raise funds for CHUMS. We request a £1 contribution brought in on the day for those who wish to come in colourful clothes (remembering sensible footwear and no football shirts as usual, thank you). On this Shine Bright Day, Rianna Steers from CHUMS will come and talk to the children in our concluding assembly about the valuable work that the charity does.

Story time sessions will run in the library each playtime where the children will have an opportunity to listen to stories about people or fictional characters who have shown bravery and courage in challenging circumstances.

Suggestions for parents and carers about bravery can be found at <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/> with further information available at <http://chums.uk.com/parents/>.

The week will also see the launch of our 50 Things to do at Hazeldene which is a selection of suggested geographical and science based activities for children to explore their senses, care for the environment, reflect on their feelings and foster a sense of wellbeing, during play and enrichment times.

Thank you for continuing support.

Yours sincerely,

Vicky Norman

Mental Health and Wellbeing Lead



Leadership & Management Standard