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Leadership & Management Standard

Dear Parents and Carers

Monday 4<sup>th</sup> February sees the start of Children's Mental Health Week at Hazeldene which supports our ongoing focus in this area. The theme for this week in particular is *Healthy: Inside and Out*.

Through a range of activities we will encourage the children to see the connection between our physical health and our mental health. We will consider how healthy physical activities such as healthy eating, exercise and a good night's sleep benefit our bodies and our mental health. We will explore how listening to different pieces of music makes us feel. The children will practise being good listeners and recognising that it can be important to talk about how we feel. We will also introduce the idea that it's Ok not to be OK and that sometimes children may feel sad, anxious or angry and these are normal emotions to experience.

The school council will be conducting a playground survey with their class to find out what is working well and what could be better.

All of the children will complete a bright and colourful art based activity that will be on display around the school to promote the importance of positive mental health.

Information for parents and carers about how to support their child can be found at <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Please do get in touch with your class teacher or myself if you have any questions. Many thanks for your continued support.

Vicky Norman  
 Mental Health and Well being Lead