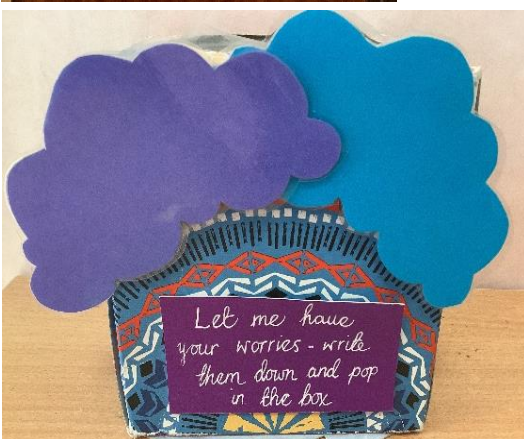
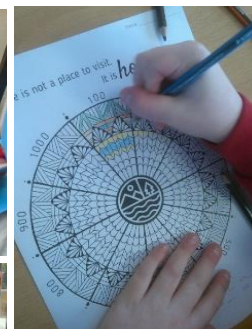


Children's Mental Health Enrichment Week 14th – 18th February 2022

As a school we aim to create a healthy environment where it is understood that everyone needs to look after their mental health and wellbeing in the same way that we look after our physical health. As part of this we have been marking the National Children's Mental Health Week this week.

The theme of the week has been 'Growing Together' which is also the school motto! We have explored how we grow emotionally and have looked at finding ways to help each other grow. We know that challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. This week we have been encouraging children to consider how they have already grown and to consider how they can help others to grow in the future.



GRATITUDE

RESILIENCE

OUTREACH

WONDER

TRUST

HARMONY