



Netherfield Primary and Pre-School

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25 January 2018

Children's Mental Health Week 5 – 11 February 2018

Dear Parents/Carers

This Children's Mental Health Week, we are encouraging children to celebrate their individuality! We will be talking about families and exploring what makes each family unique, promoting children to have a positive view of themselves and to recognise different qualities in others. It's all about being ourselves!

On Tuesday 6 February, it is Safer Internet Day and we will be encouraging the safe, responsible and positive use of digital technology for children.

During Children's Mental Health Week children will also be learning about how to keep themselves safe and about 'stranger danger.' Children will also be learning about how to cope with changes and challenges in and out of school and how they could support friends or relatives that may be feeling down.

We will be giving guidance to some of the older children on how to keep themselves out of trouble with gangs, how to avoid giving in to peer pressure and to make good choices.

All of the information children receive, will be age appropriate. Staff will be using different websites to support their teaching in school including the Place2be Charity, whose patrons are the Duke and Duchess of Cambridge, The Breck Foundation - Online Safety (aimed at Year 5 and 6), Drop the Weapons (aimed at Year 5 and 6) and BBC Bite Size.

Should you have any questions about any of the activities, please do not hesitate to speak to me or a member of the teaching staff.

Thank you for your support

Mrs Taylor
Deputy Head teacher