



Monkhouse Primary School

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Dear Parent/Carer,

Virtual Assembly Invitation and 'Dress to Express' Day

Children's Mental Health Week is nearly upon us and this year's theme is 'EXPRESS YOURSELF'. Here at Monkhouse, we're encouraging children (and adults) to explore the different ways we can EXPRESS OURSELVES, and the creative ways that we can share our feelings, our thoughts and our ideas. With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important. Throughout the week, we will be providing the children with opportunities to express themselves, highlighting how it is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

To start the week, we would like to invite you to a virtual assembly which will be available to all schools and families at **9am on Monday 1st February**. As the majority of pupils are now at home, the assembly will provide an easy way to bring the nation's children together (virtually) with a positive message about the power of creative self-expression. It will feature well-known faces discussing the theme of Children's Mental Health Week, as well as ways that children and young people can get involved at home. It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter and Place2Be Champion Rhys Stephenson. The link will be available on your child's Teams account or feel free to copy from here: [Assembly link](#)

On **Wednesday 3rd February**, we're also asking the children, in school and remote learners, to 'Dress to Express'. The idea is simple – use colour to express yourself by wearing a colourful outfit.

During the rest of the week, teachers will be setting fun and creative activities for the children to learn about the importance of mental wellbeing. We do hope you and your child/children will join us this week in our 'expressive' celebrations.



Please click on the links below to access the websites.

Help and advice for parents/carers:

- [NHS](#)
- [Youngminds](#)
- [BBC](#)
- [NSPCC](#)
- [Action for children](#)
- [Anna Freud](#)
- [Mind](#)

Resources for children's wellbeing:

- [CAMHS resources](#)
- [Partnership for children - resources](#)
- [Elsa resources](#)
- [Change4life](#)
- [Coronavirus book](#)



Downloadable mindful Apps for children:

- Chill Panda (Primary)
- Mindful Gnats (Primary)
- Clear Fear (UKS2)
- Mindful Powers (Primary)
- Free Little Minds (Primary)

If you have any concerns about how your child is coping or need any other support from school, please do not hesitate to contact us.

Yours sincerely,

Becky Lane
P.S.H.E Co-ordinator

Hayley Hedaux
P.S.H.E Co-ordinator

Marion Elston
ELSA Support

