

## Children's Mental Health Week 6th - 12th February 2023

Lydbrook School is taking part in Place 2Be Children's Mental Health Week from the 6th to the 12th of February 2023 which is an opportunity to shine a spotlight on the importance of children's mental health.



This year's theme is '**Connect**'. Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for our wellbeing.

When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

For Children's Mental Health Week 2023, we're encouraging the children to connect with others in healthy, rewarding and meaningful ways.

During this week we will be encouraging children (and adults) to consider how to connect with others in healthy, rewarding and meaningful ways.

The following link to the video explains more about the theme:

[Let's Connect/ Children's Mental Health Week 2023](#)

The school will be taking part in the following ways:

- The Wellbeing Ambassadors will be leading an assembly about this year's Children's Mental Health Week.
- Each child will make a badge which they can make and wear during the week, which will be based on one of the '5 Ways to Wellbeing': Connect; Be active; Take notice; Keep learning; Give.
- During the week each class will take part in lessons on Mental Health and Wellbeing and who they can connect with.
- This Children's Mental Health Week, we're asking the children to **Dress to Express on Friday 10<sup>th</sup> February 2023. (This will be a non-school uniform day)** The children are invited to wear their own clothes for the day, such as their favourite colour or design. \*Please note: no make-up/ jewellery please.

We look forward to an exciting week!

Miss Sprawson PSHE & Wellbeing Lead