



Aiming High Together

DOVEDALE PRIMARY SCHOOL Willows Academy Trust

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17th January 2020

Dear Parents/Carers

It is Children's Mental Health Week 3rd-9th February. We would like to further raise awareness in school and continue our work on the importance of mental health and well-being. The theme for the week this year is 'Find your Brave'. Looking after our mental health (our minds) is very important – and just as important as looking after our bodies so we are keen to get involved with this project.

Throughout the week we have planned many activities for the children to become involved in. Firstly we would like to invite all parents/carers and children to our 'Well-Being Wake and Shake' start to the day. This will take place on the playground every morning at 8:40-8:50am for this week. You are welcome to attend this dance session with your child(ren) to start your day with a fresh mind set. The gates will open at 8:40am for you to accompany your child(ren) on to the playground for this activity and then please ensure your child enters their classroom building at 8:50am once finished. For safety reasons your child MUST be supervised during this dance session by a parent/carer.

Linking to the theme 'Find your Brave' we are asking children if they would like to bring something in to 'Show and Tell' around the theme of bravery. This could be an object, picture, photo or story about anything they have done which made them feel that they had to be brave, such as learnt to swim, slept without a light on, walked into school on their own, put their hand up in class, went to hospital, stood up for themselves, asked for help with a worry or hurt themselves. Your child may wish to bring in their item on Monday 3rd February so that it can be shared with the class at some point throughout the week.

To end the week we invite all of the children and staff to wear yellow clothing (or bright colours) on Friday 7th February. Yellow is the colour that our Mental Health Champions chose to represent themselves around the school. It could be one item of clothing that is yellow or bright or it could be their whole outfit.

Many thanks.

Miss Gunnell and Mrs Tomlinson
(Mental Health leads)