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Thursday, 28<sup>th</sup> January 2020

Dear Parents and carers,



Next week (1<sup>st</sup> – 7<sup>th</sup> February 2021) we will be taking part in Place2Be's **Children's Mental Health Week** which is an opportunity to **shine a spotlight on children and young people's mental health**. This year's theme is **Express Yourself** which will explore different ways that children can share their thoughts, feelings and ideas.

Children need a way to process and make sense of their experiences, but as neuroscience shows us, **simply talking about problems often is not enough**. That is where the power of **creativity** becomes an essential healing tool, because it offers children the means to 'work things out' as well as expressing their feelings and telling their stories. In doing so, children can envision a better, more hopeful future.

Effective support and expression from an early stage not only helps children and young people cope with challenging life circumstances, but can also prevent problems from escalating and becoming more serious in adolescence and adulthood.

Next week, children will be involved in a wide range of activities:

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"><li>• Assembly from Place2Be, BAFTA Kids and Oak National Academy</li><li>• Place2Be video 'Express Yourself'</li><li>• Create an 'Express Yourself' poster</li></ul>	<ul style="list-style-type: none"><li>• Place2Be video book Reading 'Worries go Away'</li><li>• Circle Time (Y3/4)</li><li>• Discuss who can help me?</li><li>• Calming activity</li><li>• Children work on their 'Express Yourself' poster</li></ul>	<ul style="list-style-type: none"><li>• Place2Be video 'Draw your Feelings' activity</li><li>• Identify and manage emotions</li><li>• Children work on their 'Express Yourself' poster</li></ul>	<ul style="list-style-type: none"><li>• Place2Be video 'Ways to express yourself'</li><li>• Activities for wellbeing</li><li>• Zones of Regulation</li><li>• Strategies to get back to Green</li><li>• Circle Time (Y5/6)</li><li>• Children work on their 'Express</li></ul>	<ul style="list-style-type: none"><li>• <b>Wear your favourite colour day!</b></li><li>• Assembly to Celebrate the week</li><li>• Place2Be video</li><li>• <b>Share 'Express Yourself' posters</b></li></ul>

## Wellbeing at Home

There are lots of resources on the [Children's Mental Health Week](http://www.childrensmentalhealthweek.org) website that you can use with your children at home; including activity ideas and [tips for parents and carers](#) so why not find something you and your children can do together from the activities available?

Yours sincerely

Princess May Pastoral Team & Place2Be