

Dear Parents and Carers,

This week is Children's Mental Health Week 2021

We hope that this email finds you all well and safe in these continuing difficult circumstances, we thought that it might be helpful to share some of the activities and resources that tutors have been speaking to the students about this week.

As you may already know, the theme of this year's Children's Mental Health Week is 'Express Yourself'. As a Performing and Visual Arts School, we all know and appreciate that expressing yourself is all about finding ways to share our feelings, thoughts, or ideas, through creativity. We value the way it allows us to find a way to show who we are, and how we see the world, and we know that creativity can really help us feel good about ourselves. To mark the start of Children's Mental Health Week, The Duchess of Cambridge, Patron of Place2Be, has sent a message of support encouraging children and parents to find ways to share their thoughts and feelings, particularly during such a challenging time, this was shared with the students by their tutors in tutor time yesterday.

In her message, The Duchess of Cambridge said:

"This year's Children's Mental Health Week is all about expressing yourself – about finding creative ways in which to share your thoughts, ideas and feelings. So whether that's through photography, through art, through drama, through music or poetry – it's finding those things that makes you feel good about yourself.

"And while this is Children's Mental Health Week there has never been a more important time to talk about parental wellbeing and mental health too. Last year you told me just how important this was that many of us find it hard to prioritise. This is a hugely challenging time for us all so please look after yourself too. Find those ways in which to share your thoughts and your feelings or find someone to talk to because we really do need to be the very best versions of ourselves for the children in our care."

As parents and carers, we know that you all play such an important role in your child's mental health, you play a key role in teaching your child or young person how to manage their feelings.

It's normal to feel angry, sad, worried or stressed sometimes. However, if you think your son/daughter is struggling to cope with those feelings, they might need support. We would love you to encourage the students to join in with the theme and focus on the creative ways that your children and you, as adults, can share your feelings, thoughts or ideas through art, music, writing, poetry, dance, drama, photography and film, or just doing activities that make you all feel good. Any creative contributions can be shared with your child's form tutor or their Visual and Performing Arts teachers.

If you think you need to reach out for support, don't forget you are always welcome to get in touch with us here in school, your child's form tutor or Head of Year are always a good first port of call. [Staff contact list can be found here on the website](#)

Here are a few more links to some very helpful organisations.

General support for child mental health and wellbeing can be accessed here:

- [NHS](#)
- [Young Minds](#)
- [MindEd](#)
- [Place2Be's blog](#)

If you and your family are experiencing big changes, perhaps these sites might be helpful,

- [Bereavement and grief \(Child Bereavement UK\)](#)
- [Divorce and separation \(Young Minds\)](#)
- [Getting ready to start school \(Place2Be\)](#)
- [Adolescence and growing up \(The Mix\)](#)

You might feel that your child needs particular support for existing conditions or challenges, in which case these sites might be able to offer advice:

- [Eating disorders \(Beat\)](#)
- [Addiction and drugs \(FRANK\)](#)
- [Abuse \(NSPCC\)](#)

Or, you might feel that you need support with difference and diversity:

- [Special needs and disabilities \(Scope\)](#)
- [Autism \(National Autistic Society\)](#)
- [LGBTQ+ \(Strong Family Alliance\)](#)
- [The Mosaic Trust](#)
- [Gendered Intelligence](#)

- [Gender diversity and transgender \(Mermaids\)](#)
- [Race and ethnicity \(BAATN\)](#)

You could also access the [BBC Action Line](#) for help and advice.

You can also access helpful advice [here](#) on our School Website under the Parent/Wellbeing Advice tab.

We look forward to seeing all the creative contributions, do encourage to send them in,

Take care and stay safe,

Kindest regards