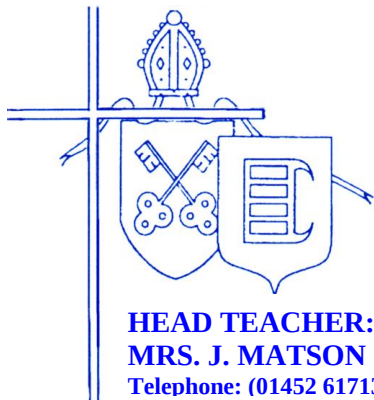




**HEAD TEACHER:**  
**MRS. J. MATSON**  
Telephone: (01452 617135)

**BARNWOOD CHURCH OF ENGLAND  
PRIMARY SCHOOL  
COLIN ROAD  
BARNWOOD  
GLOUCESTER  
GL4 3JP**

[admin@barnwood.gloucs.sch.uk](mailto:admin@barnwood.gloucs.sch.uk)  
<https://barnwoodprimary.co.uk/>

Monday 7<sup>th</sup> February 2022

Dear Parents and Carers,

### **Children's Mental Health & Wellbeing**

Our children's mental health and wellbeing is an important responsibility that we all share.

As part of our Healthy Bodies - Healthy Minds approach in school, our children's mental health and wellbeing is always a priority.

Our school vision, our work on our Christian values, our positive approach to behaviour management, our curriculum design, our pastoral support and our 3 school rules have all been created with the aim of supporting our children's emotional growth.

This week is national Children's Mental Health Week and over the next two weeks our children will have specific lessons which focus on mental health and wellbeing.

These sessions have been coordinated by our Personal, Social, Health and Economic Education Lead (PSHE), Miss Joyce, and will aim to support our children in learning about how to understand and manage their mental health and wellbeing, as well as supporting and being aware of the mental health and wellbeing of each other. The sessions will also compliment the ongoing work we are doing across the whole school on '5 ways to wellbeing'.

Running alongside this we will be holding our first wellbeing day on Friday 18<sup>th</sup> February which replaces the old golden time.

I am also delighted to invite our children to take part in a Sponsored Scoot event on Friday 18<sup>th</sup> February.

FOBS are running the sponsored scooter event and I know they would welcome any extra sets of hands that are available on Friday 18<sup>th</sup> February to help marshal the event. If you are able to help out, please let the office know and we will pass your details on to FOBS.

A sponsorship form and the most recent FOBS AGM minutes are also attached to this email for your information.

All children will be given a paper copy of the sponsor form to bring home over the next few days and we would be most grateful of your support in raising additional funds for the school.

Further information for parents and carers on Children's Mental Health can be found on our school website and on the Place2 Be's website <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

With best wishes,

Julia Matson  
Headteacher



