



**NEWHALL**  
PRIMARY ACADEMY AND NURSERY

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### Message from the Senior Leadership Team (SLT):

#### Wellbeing—Children’s Mental Health Week (1st—7th February)

January always seems to be a difficult month for many, whether we’re in the midst of a pandemic or not! Perhaps it’s because of the come down after the festive period, the shorter days or the gloomy weather but it does seem hardest to stay positive and motivated through January. However, we have all made it to the end of January and it has been wonderful to see some sunnier weather (occasionally) and some slightly longer days. It’s the glimmer of spring that we all need!

Next week is a very important week as it is national Children’s Mental Health Week. Our children have shown themselves to be remarkably resilient, however it is undeniable that the current restrictions have affected them in one way or another. ‘Time to Talk’ day is on the 4th February and it’s a brilliant opportunity to start a conversation with your child about how they might be feeling. We have included a ‘Top 10 Tips for Talking’. **The theme for Children’s Mental Health Week is ‘Express Yourself’** and there are lots of brilliant resources and ideas to support you with this theme here:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

#### TEAMS support for parents

Thank you to all our parents who have had to learn how to manage TEAMS in order to access and support the children’s remote learning. Essex County are offering a Free Training on Teams session for those parents who may feel it could be helpful.

#### To book:

<http://bit.ly/trainingonteam4Feb>

<http://bit.ly/trainingonteam11Feb>

***Please be aware that we will not be running a holiday club over February half term. We would like to resume holiday club for at least one week over the Easter holiday, if DfE guidance allows.***

We wish you all a safe and happy weekend.

Best wishes from us all.

#### Ten tips for talking

1. Mental health isn’t just about illness. It is also about wellbeing.
2. Showing you’re happy to talk and listen will mean a lot.
3. You don’t need to set aside hours. Just opening up the conversation helps.
4. You could chat while doing something else, like driving or preparing dinner.
5. Explain that every one of us has mental health.
6. You don’t have to be an expert, or have the answers.
7. Hypothetical situations might be easier to talk about than personal experiences.
8. Familiar ideas might include feeling stressed, depressed, low or anxious
9. You could suggest learning together.
10. There are lots of good information resources on the internet.

#### Menu:

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Or visit <https://app.catercloud.com/menu/CF8A4366-C1CB-4164-8C88-8427956E5B2D>

