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1st February 2021

Children's Mental Health Week

1st-7th February 2021

Children's Mental Health Week campaign hopes to raise awareness of the benefits of getting children support at the earliest possible opportunity, and to encourage parents to talk openly with children about their feelings and getting help.

On Wednesday 3rd February, we will be holding "Wellbeing Wednesday." We will be asking the children to press pause on this afternoon and have a "No Screen Afternoon".

There will be no live registration between 1:15-1:30 as we will instead ask the children to take part in the virtual assembly that is being held by Place2Be and Oak Academy on this link:
<https://classroom.thenationalacademy/assemblies/childrens-mental-health-week-2021>

There will also be no live reading session for Year 5 and Year 6 on Wednesday 3rd February.

Attached alongside the letter, are a range of activities to choose from that we are encouraging children to take part in during the afternoon. Teachers will not be uploading learning for the Wednesday afternoon: it is instead a chance to support children's wellbeing with the activities that have been attached in the PDF document.

This year has been a tough one for us all. The months of lockdown and loss have had a huge impact on our mental health. It's important to take care of yourself and get the most from life. Below are 7 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up lots of time. Anyone can follow some of the advice below, so why not start today? The advice may help both children and adults alike.

1. Talk about your feelings!
Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.
2. Keep active!
Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.
3. Eat well!
Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

4. Keep in touch!

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

5. Ask for help!

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

6. Take a break!

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

7. Do something you're good at!

What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

Yours sincerely,

Mrs Abbiss