BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

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Bourne

4th February 2026

Dear Parents and Carers,

CHILDREN'S MENTAL HEALTH WEEK
9TH – 15TH FEBRUARY 2026

We are delighted to share that next week we will be celebrating Children's Mental Health Week. This year's theme is 'This is my place'. Throughout the week, we will be spending time talking about how we feel and how we can look after our minds, just as we look after our bodies. We have planned a range of activities to help the children understand their feelings, develop positive mental health habits, and know that it is always okay to talk about how they are feeling.

Each morning, classes will begin the day with a short well-being starter activity, giving the children time to take part in a simple, calming or reflective task. On Wednesday we will share a virtual Collective Worship led by our very own Mindfullers. During this time, we will talk about feelings, being kind, staying strong when things feel tricky, and how we can help ourselves and each other.

To finish the week, we will enjoy Golden Time on Friday afternoon. During this special time, the children can choose from a range of fun activities that help them relax, be creative, and play kindly together. The Mindfullers will be providing stickers for acts of kindness they see throughout the day.

We hope these activities will help reinforce the importance of looking after our mental health and provide the children with strategies they can continue to use beyond the week.

Thank you for your continued support. If you have any questions, please do not hesitate to contact the school.

Yours sincerely,

Mrs Friel & Mrs Campbell
Mental Health & Wellbeing Team