



Dear Parents/Carers,

This week is Children's Mental Health Week and we have planned a week of fun activities to promote positive mental health. The theme running through the week is 'Let's Connect' and our activities are designed to encourage our children (and adults) to consider how we can make meaningful connections that support our mental health.

We can all help to make these meaningful connections for our children and attached are some 'Top Tips' so you can help with this at home too. Here are some other links which you may find interesting.

<https://parentingsmart.place2be.org.uk/>



#### Place2Be: Parenting Smart: Articles

Parenting Smart offers practical advice for parents and carers of children aged 5-11. All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

[www.parentingsmart.org.uk](http://www.parentingsmart.org.uk)

<https://www.childrensmentalhealthweek.org.uk/families/>

One of the most important messages we will be delivering to the children this week is to know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in school. Equally, if you are worried about your child's mental health you can talk to your GP or someone at school. You can also find a list of organisations that provide support and advice on the Place2be website: <https://place2be.org.uk/help>

Keep an eye on our Facebook page as we'll be posting photos of what we are doing this week.

Thank you for your continued support.

Mrs Orton & All the staff at Sutton



**"Be yourself, because the people who **mind** don't matter. And the people that **matter**, don't mind."**  
- Dr. Seuss