

Southwold Primary School and Early Years' Centre  
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Friday 3<sup>rd</sup> February 2023

Dear Parents/Carers,

Next week is Children's Mental Health week, with the theme; "LET'S CONNECT."

Today the children took part in a wider opportunities' mental health session in their classes. Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. The children also discussed what mental health is and what we can do to help ourselves. In classes each child made a link which was then joined together to make a whole class paper chain, to show our connections with one another.

On Monday the children will attend a whole school assembly, with guest speakers from the Mental Health Support Team, (MHST). We are very fortunate to be working with MHST to support our pupils with their Mental Health and Wellbeing. I will be sending out more information in the coming weeks and inviting you into find out more about the service that they provide and how it will benefit our school.

**To start the week off, we are asking children in yr 1- yr 6 to wear a "scarf" to school on Monday. This is because the PSHE programme that we follow is SCARF- Coram Life Education. Below is an explanation of what each letter stands for and suggestions for children to think about when choosing their scarf.**

- SAFETY** - some scarves will be warm and comforting, helping to keep someone snug and safe in very cold weather!
- CARING** - some scarves might have been a present from a special person; they'll help make someone feel cared for. Wearing a scarf as part of religious faith can also help someone to feel cared for.
- ACHIEVEMENT** - some scarves might be part of a club, perhaps a sports team. These are waved when a club achieves (e.g. when a football team scores a goal!) They also show when someone belongs to something.
- RESILIENCE** - a football team's scarf can also help someone to remember that they can still support a team even if it's not doing well; they can show resilience when bouncing back from defeat or disappointment.
- FRIENDSHIP** - maybe some scarves were a gift from a friend and this makes them extra special.

- **PLEASE NOTE: Children in Early Years will be able to wear colourful socks. The bright colours will represent different feelings and link to our work about the Colour Monster which looks at emotions.**

During the week the children will take part in different activities that will focus on their mental health and wellbeing. **To end the week, we are asking children to come to school in clothes that express who they are on Friday. They could dress in their favourite colour, favourite item of clothing, anything that they love wearing.**

Please keep a look out on ClassDojo to see what your child's class have been doing.

Kind regards,  
Mrs Stone  
PSHE co-ordinator

**Broadening Our Horizons Through Lifelong Learning**