



FAIRLANDS PRIMARY SCHOOL

Pound Avenue
Stevenage
Hertfordshire
SG1 3JA

28th January 2021

Dear Parents/Carers,

Wellbeing Wednesdays and Children's Mental Health week

Next week beginning 1st February 2021 is children's mental health week. In the current circumstances there has never been a more important time to support your child's mental wellbeing. This Year's theme is 'Express Yourself.' Expressing yourself is all about finding different ways to share your thoughts and feelings. 'Place2be' is an online resource which has a wealth of ideas and activities about how you can support your child's mental health. Please see the below link for some fantastic ideas and top tips to help your child express themselves as well as other ideas for supporting wellbeing. The teachers will also be providing resources next week to support mental health through home learning 'one piece at a time'. Parents and Carers - Children's Mental Health Week 2021

[Parents and Carers - Children's Mental Health Week 2021](#)

At Fairlands, we would like to help you support your child's mental health with 'wellbeing Wednesdays'. We would like to say a huge thank you and well done to you for all your hard work with supporting your children to access learning from home. We know that for many families this isn't easy, and we appreciate all that you are doing in these difficult times.

Now that the majority of children are accessing learning online, we realise that this means many children are sitting in front of computer screens or tablets for large parts of each day. It is really important that the children take regular screen breaks and regular movement breaks, including getting outside for their daily exercise.

To support with this, we are introducing 'Wellbeing Wednesdays' from next week. Every Wednesday's afternoon timetable slot will be given over to wellbeing. The teachers will suggest a few non screen-based activities that families could take part in together or that children could access independently. The activities are designed to take the children's minds off school work and to spend time off screen for half a day to allow time to reflect, refresh and hopefully have fun!

Teachers will also be off screens at this time, so will not be responding to emails or work handed in. If any urgent matters arise on a Wednesday afternoon, please ring the school office for support.

Finally, if you are worried about your child's mental health, please don't hesitate to contact the school for support.

Kind regards,

Miss Bridge, Mrs Jeffries and Miss Verlander

Headteacher Mr Robert Staples BA (Hons)

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Fairlands Primary School is part of The Claxton Trust, a charitable company limited by guarantee and registered in England and Wales with company number 10461895. The registered office is at Fairlands Primary School, Pound Avenue, Stevenage, Herts SG1 3JA