

Dear Parents and Carers,

This week is Children's Mental Health Week (7 to 13 February 2022).

Mental health and wellbeing is extremely important and is always high on our agenda. Some of the strategies embedded into every day practice at Borough Green are: mentoring, counselling, zones of regulation, emotion wheels, play therapy, Dino School, nurture groups, talking and drawing therapy. At lunch times, staff eat their lunch with the children, building relationships and providing children time out of class to talk about their interests, hopes, achievements or worries. We are also trialling daily affirmations in some classes where children take the time to think, say, draw a positive phrase about themselves and it is proving to be a really beneficial.

HeadStart Kent supports young people, schools, community settings and parents and carers to develop their emotional wellbeing and resilience. [MoodSpark](#), a website designed by young people for young people embraces this concept and provides young people with tools, information, and guidance, enabling them to take ownership of their emotional wellbeing.

During Children's Mental Health Week we are promoting to parents and carers the support available to them on the [Kent Resilience Hub](#), which includes information, resources as well as free training. In addition for this week only, parents and carers can access the [Wellbeing toolkit for parents](#) developed by The Education People for free using the code 'headstart21'.

It is important that everyone is involved with supporting Children's Mental Health week by sharing information with children and young people they know or to help spread the word on social media using the #CHMHWKM.

Also, Kooth is hosting the community spaces of its website and offering lots of opportunities for young people to reach out to others to share experiences, explore their feelings, and offer or receive support from peers. These short videos explain more about the Kooth Magazine and Kooth Forums:

- [Kooth Magazine](#)
- [Kooth Forum](#)

Please find further resources on our school website or click on the link [Mental Health and Wellbeing](#)

Kind regards,

Mrs. K. Sandberg
Headteacher, Borough Green Primary