



St. Michael's V.A. Junior School
Astley Road
Norwich NR5 9LA
Telephone: 01603 745812
www.stmichaelsjuniorschool.co.uk



Head Teacher
Mrs H. McCarney



Clover Hill V.A. Infant & Nursery School
Rawley Road
Norwich NR5 9AP
Telephone: 01603 745559
www.cloverhillschool.co.uk

Friday 29th January 2021

Newsletter

Thinking about well-being and mental health

Dear Parents and Carers,

During the week, the Prime Minister announced that the earliest we could expect schools to go back was 8th March. I wonder how you took that news? Were you filled with dread at the thought of at least 5 more weeks of remote learning? Perhaps you wonder whether the virus will ever be under control!

Having your children at home completing their schoolwork is really hard. So many of you have said to me that you have even more respect for the skills of the teacher now! The fact is, the majority of you are not trained teachers. You cannot teach children like someone who has completed 4 years training to become a teacher and who has done a wide variety of additional courses to support children's learning. So, be kind to yourself. Try not to get stressed about the schoolwork and do whatever you can.

Most importantly, we need the children to be happy, safe and curious about the world. If the work set is too much, let the teacher know. There are so many lovely worthwhile activities that you can do together and these should also be valued.



Next week is Children's Mental Health Week and it provides an important point during lockdown to consider our children's well-being. Having the opportunity for children to express themselves is very important. Have a look at the attached suggestions on the flyer.

Look after yourselves!

Mrs H McCarney
Headteacher

STAY HOME > PROTECT THE NHS > SAVE LIVES

EXPRESS YOURSELF

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

1-7 February 2021 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is **EXPRESS YOURSELF**.

WHAT'S IT ALL ABOUT?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

Let your child 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 their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

