

Oaks Primary Academy

Oak Tree Avenue, Maidstone, Kent ME15 9AX

Tel: 01622 755960

Email: contactus@oaksprimaryacademy.org.uk

Website: www.oaksprimaryacademy.org.uk



Principal: Mrs Jane Tipple

Executive Principal: Mrs Debbie Biggenden

Dear Parent/Guardian

Oaks Primary Academy Mental Health Awareness Week (20-24th May 2019)

During **Children's Mental Health Week (4th-10th February)**, Place2Be encouraged and supported thousands of children across the UK to take part in sharing, '**Show and Tells**' by bringing something into school that made them feel good.

Healthy: Inside and Out

When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep. However, to be healthy overall, it's important that we look after our minds – our mental wellbeing – too.

We have decided to do a mental health awareness week next week (wb 20.05.19) to encourage the children to share what makes them healthy inside and out and what makes them unique.

How can your child take part?

Your child could share their favourite healthy treat, talk about their favourite activity (like playing football, walking their dog, hula hooping) or share their favourite bedtime story or routine. Your child could bring in an object, a drawing or photograph that represents it. The attached activity sheet explains how they can record this if they would like to draw/take a photo or write about it. The children will be discussing these with their peers in class on, Monday 20th May.



A donation to Place2Be

To celebrate the end of term and what makes us unique we are having a non-school uniform day on Friday 24th May. If your child would like to come in their own clothes a small donation would be appreciated. All money raised will be donated to the mental health charity for children, **Place2Be**. Place2Be is a children's mental health charity providing school-based support and in-depth training programmes to improve the emotional wellbeing of pupils, families, teachers and school staff.

So, the plan is as follows:

Monday 20th May- Children to share their show and tell activity in class.

Tuesday 21st May- Children will complete an activity on wellbeing in class.

Wednesday 22nd May- Children will make a, 'whole class' art work that incorporates what they have done over the week.

Thursday 23rd May- Each Class will share their, 'whole class' project with another class.

Friday 24th May- Alongside 90th Birthday celebrations, children can come in their own clothes to raise money for Place2Be.

Yours sincerely,



Louise Milligan

Inclusion Lead