

Friday 6<sup>th</sup> February 2026

Dear Families,

Subject: Children's Mental Health Week &amp; Our Support for Pupils

Next week we will be recognising Children's Mental Health Week, an important opportunity to reflect on how we can all support children's emotional wellbeing and resilience.

We are proud to be a Mental Health Support Team (MHST) school, which gives us access to a wealth of specialist resources, guidance and training for both staff and parents. This ensures that we are well equipped to support children's social, emotional and mental health needs in school.

We would like to encourage you to visit our school Facebook page, where we have been sharing links to a number of free webinars for parents and carers. These cover a range of helpful topics around supporting children's wellbeing at home.

As a school, we place a strong focus on SEMH (Social, Emotional and Mental Health) throughout the day. This includes:

- Nurture-based approaches in classrooms
- Access to quiet and calm spaces when needed
- Emotional check-ins and regulation strategies
- Sensory circuits and planned movement breaks
- Small group and individual support where appropriate
- Flexible approaches to learning to meet individual needs

If you would like to find out more about how we support your child's wellbeing in school, please do visit the wellbeing page on the school website.

We are also delighted to take this opportunity to relaunch OPAL (Outdoor Play and Learning), which is designed to improve our play offer at lunchtimes. Research shows that high quality outdoor play is vital for children's physical health, emotional wellbeing, creativity and social development. Through OPAL, children will have greater access to active, imaginative and cooperative play opportunities using a range of outdoor resources. This supports resilience, confidence, problem-solving skills and positive friendships, all of which are key elements of good mental health.

After half term our field and forest school area will be opened up again for use at lunchtimes for children with appropriate clothing in school:

## WHY DO I NEED DIFFERENT CLOTHING FOR OPAL PLAY?

- ### 1 Waterproof coat

With my waterproof coat on, I can access and enjoy all the great outdoors has to offer. I can play outside and return, warm and dry, to my classroom afterwards. I always leave my coat in my bag as I know the weather can change very quickly and I might even need my coat for Outdoor PE.


- ### 2 Wellies

When I have my welly boots on, I can access all of the areas outside. I can dig in the mud pit, jump in puddles and explore in the nature area.


- ### 3 Trainers

When I have my trainers on, I can play football on the field with my friends, I can climb on the bird's nest and play on the bars. Leather trainers are my favourite as they stop the water getting to my feet. I need to change my shoes even on PE days so that I don't walk mud inside my classroom after I've played on the field.


- ### 4 Waterproof Trousers

When I wear my waterproof trousers, I don't have to worry about my school clothes getting dirty when I'm lifting tyres and pallets while I'm making my den. It means I can play in the water area without getting wet.

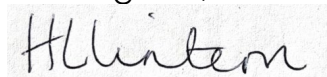

- ### 5 Spare Clothes

When I have spare clothes in my bag just incase, I know that if I do get a bit carried away outside and forget to manage my mess, I can quickly get changed and be clean and dry ready to go back to my classroom. It doesn't matter if these aren't my school uniform, I just like to be prepared - just incase!



We look forward to celebrating Children's Mental Health Week together and continuing to work in partnership with you to support every child to feel happy, safe and ready to learn.

Kind regards,



Hannah Lintern  
Deputy Headteacher