Friday 29th. January 2021

Dear Parents,

Child Mental Health Week

Child Mental Health week is next week (1st February to 7th. February), to support this campaign the teachers will be planning some activities to support all our pupils’ wellbeing. The theme this year is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity and doing activities that make you feel good.

To support the theme, on Friday 5th. February we are going to have an Express Yourself non-uniform day for **all** our children whether learning at home or at school. “Dress to Express’ simply means express yourself on Friday by wearing a colourful outfit. Please take pictures of your children at home and send them in via Tapestry and we will take pictures of the children in school so they can be shared on the website.

Also on the Friday afternoon the children in school will be watching the film Inside Out which is a film about feelings. It would be great if the children at home could watch the same film or a feel-good film of their choice.

![C:\Users\Sarah Healey\AppData\Local\Microsoft\Windows\INetCache\IE\TJ0V96XN\1241px-Drawn_love_hearts.svg[1].png]()Valentine’s Heart Trail ![C:\Users\Sarah Healey\AppData\Local\Microsoft\Windows\INetCache\IE\TJ0V96XN\1241px-Drawn_love_hearts.svg[1].png]()

After the success of the Friends of Buckstones pumpkin trail the Friends of Buckstones thought it would be a lovely idea if we did a Valentine’s Heart Trail for half term. Unfortunately because of the latest lockdown and Government restrictions we can’t organise it in exactly the same way.

If you would like to take part please let your children design and create a heart out of any resources you have at home and display it in your front window for other children to find. Send in pictures via tapestry of the wonderful creations.

Please display the hearts in your windows by Sunday 14th. February and leave them there over half term. Families can then walk to find as many hearts as they can ensure you follow the latest Government guidelines. This time it isn’t a competition but we would love to know how many hearts you have all found. Send your total in to us via Tapestry.

Kind regards,

Sarah Healey