

Children's Mental Health Week - Express Yourself!

Next week is Children's Mental Health Week, and the theme this year is Express Yourself. During **PSHE** lessons, the children will think about what it means to express themselves and why it is important. We have some extra activities planned so that all children at Tatworth School can get involved. Teachers will share more information in their timetables on Monday, but we wanted to let you know about a few of the events coming up.



Firstly, a special **assembly at 9am on Monday morning!** The Oak Academy have organised another assembly (similar to the one we all watched with HRH The Duchess of Cambridge in the Summer term). We would like all children at home and at school to watch the assembly live if possible, but if you are unable to, please do watch it later in the week. The assembly can be accessed here: [Children's Mental Health Week 2021 Virtual Assembly - Assemblies - Oak National Academy \(thenational.academy\)](https://www.thenational.academy/childrens-mental-health-week-2021-virtual-assembly-assemblies) at 9am on Monday 1st Feb.

We are also planning a **whole-school art project** (details will be shared in children's art lessons next week). We are hoping that all children will take part and we look forward to receiving photographs of their masterpieces (to the homelearning email address please) when they are completed! We hope to create a large display of photos/pieces so that everyone can enjoy them when we all return to school.

Throughout the week, there will be opportunities to listen to **music** and take part in **movement** activities, both of which will be shared on Teams so that everyone can take part.

Each class will hold a special **Live Class Meeting** on Teams at some point in the week (see the class timetable on Monday), so that the children can catch up, share their news and see their friends.

We know that all of the children in school love listening to stories, so several brave staff members and governors have kindly stepped up to read a story to the whole school! Days and times will be shared in the General channel of the Assembly Team on Monday morning. During the week, the pre-recorded stories will be uploaded into a new **Storytime** channel in the Assembly Team, so that everyone at home and at school can all take a few minutes to have a break and enjoy a story together.

And finally, Friday 5th Feb is **Wear Your Scarf to School Day**, so if you would like to, please all enjoy wearing a scarf to school or at home. We'd love to see some photos of the children enjoying doing their school work in their scarves so we can share them in next week's newsletter - please email to the homelearning address by midday on Friday, thank you.

The important message throughout the week is the value of talking and asking for help if you are struggling with mental health.

As a **discussion point** for home, you may want to think about this question, which comes from the short video:

[Every Mind Matters: A Message for Parents, Children and Young People - YouTube](#)

