

Faringdon Infant School

Part of the Faringdon Learning Trust

e-mail: office@fis.faringdonlearningtrust.org

website: www.faringdoninfantschool.co.uk

Future of Faringdon; Including all; Supporting everyone to grow

Tuesday 8th February 2022

Dear Parents and Carers,

Children's Mental Health Week

This week we are taking part in Children's Mental Health Week at school, along with schools all over the country. We are passionate advocates of taking good care of your own and your children's mental health, and of being willing to talk about and acknowledge wellbeing. This is more important than ever after the challenging times we have all experienced in the last few years.

At school, we will be finding ways to talk about mental health in simple terms and sharing the Mental health week theme of 'Growing Together'.

Attached, with this letter, is a simple Mindfulness Calendar which you might like to use with your children. It gives a range of mindful activities to support positive mental health for this week and next (there are 5 simple activities suggested as being for Monday to Friday, but which can be used on any day). Each suggested activity on the calendar, links to a set of simple instructions to help you to practice this mindful task with your child or children.

We hope that you can enjoy these together. They are equally good for adults!

Stay well in body and mind.

Best wishes,

Mrs Sally Robins and the FIS mental health champion team