

Ref: MHWeek2023/BAP/noc

25th April 2023



Bloxwich Academy
'Be The Best You Can Be'

Dear Parent/Carer

From **Monday 15th May to Friday 19th May**, Bloxwich Academy Primary will be joining other schools across the UK to participate in Mental Health Awareness week.

This year's theme is 'Anxiety,' to help increase awareness and understanding of anxiety and think about things we can do to help us feel calmer and happier. It happens to lots of people. In fact, the Mental Health Foundation says anxiety is one of the most common mental health problems we can face. On a positive note, there are lots of things we can do to help us feel less anxious.

Throughout the week there will be lots of activities taking place in the classrooms to help children better understand the various aspects of mental health, and how they can deal with the different feelings they may face. There will also be a focus on kindness.

Kindness is a simple way to help everyone. When we are kind to each other, it helps us to feel connected, which means we forge new friendships or deepen existing ones. When we are kind, when someone is kind to us, or even if we just witness kindness, our bodies release feel-good hormones which lift our mood. It's also been shown that people who are kind have much lower anxiety levels, age more slowly and have healthier hearts. Kindness isn't just a nice thing to do, but can help us improve our own mental health and wellbeing, while helping others at the same time.

On Monday 15th May, children will be invited to wear something green to school, a colour which is synonymous with feeling calm and peaceful. Children can wear anything they like as long as it is age appropriate (no crop tops), and suitable for physical activity if they have PE on that day.

On Thursday 18th May, children in Years 3-6 will all need to wear correct school PE kit as we will focus on physical activities that can help relieve anxiety and relax our minds and bodies. **On Friday 19th May, children in Reception and Years 1 & 2 will need to wear correct school PE** as they take part in some physical activities linked to improving mental wellbeing.

We believe that giving children the right tools to identify and subsequently work through their mental health needs is vital to helping them cope with the challenges they will face, in school and outside of school, and to ensuring they can be the best they can be in all aspects of life.

Yours sincerely

Ms. S. Shepherd
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