



Children's Mental Health week

Well, I hardly know where to start... We have had an absolutely fantastic time celebrating Children's Mental Health Week! From cricket to yoga to art to human pyramid building! We have thought about what mental health means, the different ways that we can look after our mental health and we have focused on ensuring that we all realise that our voices really do matter!

We have finished the week off by celebrating our uniqueness and sharing all of the positive traits that we each have. The children performed a beautiful rendition of the song 'Happy' in assembly this afternoon (a huge thanks to Mrs Sollis for working so hard on this) and we all so very proud of how the children have embraced the activities on offer this week.

I would also like to thank the staff for throwing themselves into it all, FOGs who kindly funded the yoga sessions and Mr Sallis for giving me free rein to organise it!

We will of course continue to focus on mental health throughout the year and we hope that Children's Mental Health week can become an annual event in the Gretton Calendar!

I'm sure that the children will enjoy talking to you about all of the wonderful things that they have learned and enjoyed this week.

Have a lovely half term,

Mrs Dodd

