




## Mental Health Awareness Week

In school next week, we will be promoting **Mental Health Awareness Week** where the theme this year is **ACTION**. Awareness is important but we can only make a real change if we take action. In school we will be adopting the “**Small Moments Matter**” approach where we will try and take small steps of action or make a small change towards more positive mental health.

In the classroom we will be incorporating “**Swoptions**”! Each day the teachers will offer the children in class a lesson or activity that they can agree to swap for something that will improve everyone’s mental health and wellbeing. The children will come up with a list of wellbeing activities and then each morning the class will agree on what they are going to swap on that day and what they are swapping it for. These could be anything from a nature walk, a doodle session to a gratitude activity. All helping to make Small Moments Matter every day.

At break time the Wellbeing Squad will be relaunching the outside Wellbeing Hub with a timetable of wellbeing activities that children can join in with each day. This will be a reminder that there is a safe, calm space that children can use each day to improve their break time experiences. The timetable is as follows:

 **Mindful Monday – Colour Your Calm**

 **Take-a-Turn Tuesday – Games Time**

 **Wellbeing Wednesday – Music & Mood**

 **Thoughtful Thursday – Read & Relax**

 **Feel-Good Friday – Yoga & Stretch**

In order for our children to be aware of how to take action towards positive mental health, it is important that the adults around them are doing the same. The life of a parent or carer can be very busy and selfless and leaves little time to think about **small moments** that **matter** to keep happy and afloat. We invite you to try and take as small amount of time as you can manage each day next week where you can take a small step of **action** to help your own mental health and wellbeing. Try to share with your children and family what it is you are going to do so that they recognise that it is time well spent. This might be 10 minutes reading, a walk, listening to music – or whatever floats your boat - but at a time when you would normally be busy doing something else.

For anyone interested or looking for some extra support or guidance with mental health and wellbeing, there is a Mental Health Awareness Day at Hume Street Medical Centre on Tuesday 12<sup>th</sup> May, from 11am – 3pm. Here you can learn about support that is available from local charities as well as support that you can access through your GP or NHS Services. One of the services attending are Simply Limitless, a local wellbeing charity, whose website is worth a look! Find them at <https://www.simply-limitless.org/START>

Look out for Global Parent Day on Monday 1st June 2026, the first day back after half term, where we will be celebrating our parents and carers in a range of exciting ways! Put it in your diary and prepare to be spoiled!