



# KILMAINE PRIMARY SCHOOL

Acting Principal: R Sinnamon, BSc, PGCE, MSc

Everyone Counts



## BANGOR CARES WEEK

### **Healthy Heads, Healthy Hearts, Healthy Community Monday 23<sup>rd</sup> to Sunday 29<sup>th</sup> September 2019**

Dear Parent/Guardian

At Kilmaine, we are very proud to continue to build upon strategies from our 'Mindful Me' day back in May 2019, by involving ourselves in the Bangor Cares initiative. This is all in an effort to promote discussion about mental health and well-being and adopting some simple, effective strategies for our pupils to use in a child-centred, friendly manner.

The event will run all week in Bangor. It is a grassroots initiative, originating because local people want to show children that they are valued, listened to and cared about. In June 2019 a selection of our Year 7 pupils participated in a young people's consultation group, where they spoke about what they would like to see included for children and young people during Bangor Cares week. This feedback has been passed directly to the steering group.

The event has been widely publicised in the Spectator, Facebook and Instagram. In school throughout the week, each year group (Years 1 to 7) have planned short, meaningful, targeted activities all around the main theme of each day as follows:

- Mindfulness Monday – being mindful about mental health and how to get support.
- Talk about it Tuesday – promoting conversations amongst pupils about how to look after ourselves on the inside.
- Work it Out Wednesday – engaging in exercise and fun physical activities to promote well-being.
- Thoughtfulness Thursday – showing a caring, thoughtful approach towards others in our classrooms and beyond.
- Forward-Looking Friday – thinking about how to grow our ideas from the week and plan for future activities in Kilmaine.

I am also sending home with our pupils the Bangor Cares flyer and would encourage you as a family to talk with your children about any of the activities they have been involved in during school this week and also to consider trying something new as a family from the calendar of events scheduled throughout the town. If you have any expertise, contacts or ideas that are inexpensive, child-centred and useful to this initiative, please do get in touch.

Yours sincerely

Rachael Sinnamon  
Acting Principal