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Head Teacher: Mrs. C. Smith

29th January 2021

To Parent/Carer

My name is Luisa Gibson and I am the Family Liaison Officer at Hill View Infant Academy. I am writing to inform you that next week (1st-7th Feb) is Children's Mental Health Awareness Week and we have several activities planned to celebrate this at home and in school.

Each day we will be uploading different videos to SHOWBIE with short activities that will promote good mental health for your child.

- Each day there will be a short (5-10 mins) physical exercise video uploaded onto SHOWBIE for the children at home and at school to take part in. This to promote being active and starting your day in a positive way. It is very good way to support your mental health. This will range from stretches, dancing, to a mile challenge.
- Breathing exercises. I have made a little video to show children how to use breathing techniques to make them feel calm when they are becoming a little anxious. This will be uploaded to you on "Wellbeing Wednesday"
- The Colour Monster story
- And finally Fun Fancy Dress FRIDAY!!!!!! This is a day to let your child dress as anything they like and have some fun at home and also in school. This can range from role play, dancing, being silly or their favourite activity. Children at home can send videos or photographs into school via SHOWBIE to share their experience.

There will also be links on the school website signposting parents to different ways of Mental Health support for them and their child. I am here to support families throughout this hard time, you can contact me via the school telephone number and email.

Many Thanks
Luisa Gibson



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