



HALLING

Primary School

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Monday 1st February 2021

Dear Parents/Carers,

The theme of this year's Children's Mental Health Week is **Express Yourself (1-7th February)**.

Expressing yourself is about finding ways to share feelings, thoughts or ideas through creativity. It is about finding a way to show who you are and how you see the world, that can help you feel good about yourself.

Did you know? One in six school-aged children in the UK now has a diagnosable mental disorder, an increase from one in nine in 2017.

Effective support from an early stage not only helps children and young people cope with challenging life circumstances, but can also prevent problems from escalating and becoming more serious in adolescence and adulthood.

Children need a way to process and make sense of their experiences, but as neuroscience shows us, **simply talking about problems often isn't enough**. That's where the power of creativity becomes an essential healing tool, because it offers the means for children to 'work things out' as well as expressing their feelings and telling their stories.

That's where the power of creativity becomes an essential healing tool, because it offers the means for children to express their feelings and envision a better, more hopeful future.

We have provided you with some ideas below and would love it if you would share with us on the school Facebook page how your child chooses to express themselves. Good luck!

- 1) It's all about me: Draw a picture of yourself and let us know some interesting facts about yourself.
- 2) Dress to Express - None of us are going out anywhere, so why not dress up for dinner at home one evening? Encourage your child to think about how they can express

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themselves through their choice of clothing? Does a dressing up outfit make you feel more confident or brave? Do your comfy clothes make you feel relaxed and safe?

- 3) Baking - you may love to cook and create new dishes why not send us in a photo?
- 4) You may have a flare for art and crafts? Why not create a master piece and show us?
- 5) Music/Dance allows us to express ourselves through a physical way, you may want to make up a song or a dance?

As always, thank you for your continued support. Although we are unable to physically see you all, we are here to help should you need it. Please do not hesitate to call us/email us and a member of staff will get back to you.

We fully appreciate that these are very challenging times for everyone, but we could not be happier with all of your efforts. Keep doing what you are doing!

Kind Regards,



Miss Selmi

Head Teacher