



Diamond Hall Infant Academy, Well Street,
Sunderland SR4 6JF
Tel : 0191 564 0222
E-mail : enquiries@diamondhallinfantacademy.co.uk
Web Site : www.diamondhallinfantacademy.co.uk
Head Teacher : Mrs S Collingwood

Mental Health Week 4th-10th February

Dear Parents and Carers,

This week is Children's Mental Health Week and we are raising awareness on the importance of children and young people's mental health.

This year's theme is **Healthy: Inside and Out** - we're encouraging everyone to think about how they look after their bodies and minds.

What's it all about?

When we think about healthy living we tend to focus on looking after our bodies- our physical wellbeing - through food, being active and getting enough sleep.

However in order to be healthy overall, it's important that we look after our minds - our mental wellbeing -too.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be **Healthy: Inside and Out**, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

As parents and carers, you play a vital role in your child's health. Here are a few simple ways you can encourage them to look after their body and mind:

- Chat with your child about what you do to look after your body and mind. From walking the dog, to turning off your phone before bed.
- Praise your child and other family members for what they do to look after their body and mind. Even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.
- Do something regularly with your child to be Healthy: Inside and Out. Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.



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