



Thursday 31st January 2019

Dear Parents/Carers,

Re: Children's Mental Health Week 4th – 11th February

Healthy Inside and Out

Next week we are celebrating the national event – Children's Mental Health Week - at West Acton Primary School. You can find further information here:
<https://www.childrensmentalhealthweek.org.uk/>

Pupils will be enjoying a range of extra activities in their regular school week:

- Every class will be having a yoga lesson with a qualified local teacher
- Each class will receive a 'Calm Box' funded by the Government's sugar tax
- Tuesday is Safer Internet Day and our Cyber mentors will be presenting assemblies to the whole school.
- Mental Health assembly for all children on Wednesday 6th February.
- Ealing Health improvement team will be running parent/carer workshop on Friday 8th February at 9.00am
- School Counsellor Lia will be taking an assembly Monday 11th February.
- **Monday 11th February – pupils can wear non- uniform in return for a £1.00 donation** to support the work done by Ealing Schools Counselling Partnership.

I am really pleased to be able to offer the parents/carers' workshop on Friday 8th February at 9.00am, it is an informative and interactive workshop available for all parents at West Acton Primary School. You will come away with a better understanding of what emotional wellbeing is and the signs to look out for if you are worried about your child's mental health as well as some ideas to reduce your stress levels!

Please also look out for our Health and Active Champions telling you about out Healthy lunch and exercise programmes.

Yours faithfully,

Karen Kondo
Headteacher