



Biddenham

International School & Sports College

Principal: Mr David Bailey

Head of School: Ms Eleanor Grylls

27th January 2021

Children's Mental Health Week 1-7 February 2021

Dear Parents/Carers,

I am writing to let you know how we will be promoting Children's Mental Health week at Biddenham.

Tutor time, Essential Life Skills and lessons that week will all focus around the theme of the week, 'Express Yourself'. Activities will involve looking at ways young people can express their emotions and how this will support their health and wellbeing. Supporting young people's emotional health has always been at the forefront of our minds and in this current climate we feel it is even more pertinent.

To start off the week students in KS3 (years 7 & 8) will be watching a live assembly during period 1 put on by 'Oak National Academy'. The assembly will be available to all schools and families at 9am on Monday 1 February and will feature pupils and well-known faces discussing the theme of Children's Mental Health Week, as well as ways that children and young people can get involved at home. It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter and Place2Be Champion Rhys Stephenson. The assembly will provide an easy way to bring the nation's children together (virtually) with a positive message about the power of creative self-expression. Famous faces and contributors will also be taking part live from their homes.

On Tuesday 2nd February Biddenham will be having an 'unplugged day' and we will be encouraging all students to take some time away from their chromebooks, phones and tablets. Work will be set by their class teachers but it will involve activities that don't rely on screens! The only exception would be to allow your child to take photographs of their work/activity and share it with their teachers via googlemail or googleclassroom.

I would also like to take this opportunity to let you know there will be a new wellbeing page on our website with tips and ideas on how to support your child, online courses available and general self-care advice.

If you do have any concerns about your child's mental health and feel they need some professional support please don't hesitate to contact their Head of Year who can discuss with you the options available.

Best wishes to you and your families

Abigail Speight
Wellbeing Lead

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