



Wear Your Scarf to School Day

Thursday 8th February

The theme for **Children's Mental Health week** (5-11th February) this year is **My voice Matters!**

To mark Children's Mental Health week, we will be holding a **Wear Your Scarf to School Day** on **Thursday 8th February**. On this special day, the children are invited to wear a special or favourite scarf all day in school.

During this week, special activities that promote ways to stay mentally health will be delivered across the school. The activities will also help the children to remember our school SCARF values of **Safety, Caring, Achievement, Resilience and Friendship**.

What is SCARF?

SCARF is a big part of our health and wellbeing/ PSHE curriculum where the children learn about all the things they can do to keep themselves **physically** and **mentally** healthy.



Further advice and support

- Better Together- www.dwmh.nhs.uk
- **Happier Minds**- [//happierminds.org.uk](http://happierminds.org.uk)
- NSPCC- www.nspcc.org.uk
- **Rethink**- 0808 802 288
- **Young Minds**- Parents Helpline 0808 802 5544/ www.youngminds.org.uk

Place 2 Be parenting smart

Take a look at the Place 2 Be website for some super practical tips to support children's wellbeing and behaviour. Topics include:

- My child is anxious
- My child has trouble going to sleep
- Problem solving with children

<https://parentingsmart.place2be.org.uk>