

Mental Health Week



This year's theme is all about Growing Together. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time. In PSCHE, the children will be exploring ways to grow together and what this looks like for them individually.

Click on the following link to find out more and to see free resources for families:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>