

South Bersted CE Primary School

Church Lane
Bognor Regis
West Sussex
PO22 9PZ

Tel: 01243 821678
office@southbersted.co.uk
www.southbersted.co.uk



Headteacher: Mr Noel Goodwin

8th February 2021



Dear Parents and Carers

Children's Mental Health Week / Sussex Virtual Games

As you will recall from the letter we sent out last week, this week we are promoting Children's Mental Health Week as part of our PSHE week.

The theme for this year is 'Express Yourself'. One way that we can all express ourselves is through art. Therefore, each day this week, Mr Goodwin will be sharing a book or a poem via Class Dojo related to colours and our own emotions. Following each of the stimuli, there will be an art activity that you may wish to encourage your child to participate in.

Today's activity is expressing ourselves using art linked to snow!

By sending pictures of the art work to Mr Goodwin via Class Dojo we will be able to celebrate the artwork that children are completing.

The aim of the activities is to not add additional pressures, but to provide the opportunity to engage in a relaxing activity that allows the children of South Bersted to express themselves and consider their different emotions. Our aim is that through our approach to these activities and our PSHE lessons that pupils reflect positively about themselves and recognise how to respond to different situations.

To encourage children to spend time away from their screens, we have also posted two Screen Break activity sheets, which can be found on the Remote Learning Page of the website.

[Screen Break Activities 1](#)

[Screen Break Activities 2](#)

Don't forget that you can also visit the [well-being](#) section of the school's website for further ideas.

West Sussex County Council





Sussex Virtual Games and Physical Activity:

We also know the importance of physical exercise in improving our well-being.

On Friday evening, I was delighted to view the results of the Virtual Sussex Games and discover that we came **24th** out of 237 places. This is a fantastic effort by all pupils across the school.

This week we would like to do even better. The only way we can do this is by having even more pupils complete the activities and enter their results.

As part of our PSHE week and focus on physical activity for Mental Health week, I am challenging all pupils of South Bersted Church of England Primary school to complete the daily activities and enter their results by Friday at 12.00pm.

Each day, Mr Wilson will explain the activity on Class Dojo – all you have to do is complete the activity, record your results and then enter them online by Friday.

If you have any further questions regards these activities please contact the school.

Yours sincerely

Mr Noel Goodwin
Headteacher

West Sussex County Council

