

South Bersted CE Primary School

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Headteacher: Mr Noel Goodwin

4th February 2022

Dear Parents and Carers

Mental Health Week

During the week beginning Monday 7th February, we will be running our Mental Health Week. The focus of the week is **BIG Emotions**.

Pupils in EYFS and Key Stage 1 will base their learning around writing acrostic poems of the things they feel are good about themselves, and will be making 'flutterbies' to blow away their worries. Pupils in Key Stage 2 will be learning about what happens to their bodies and minds when they feel BIG emotions and the strategies they can use to help them maintain good mental health. As part of Children's Mental Health Week, Place2Be have produced a range of resources for families, which is attached.

As part of our Whole School Challenge, we have also linked this to children recognising how **AMAZING** they are. There are three activities that you and your child may wish to engage in, further information about this is attached. Your child will bring home both of the prompts today or Friday.

Further information on the school's approach to wellbeing can be found on the website:
<https://www.southbersted.co.uk/safeguarding/wellbeing/>

Safer Internet Day:

Please note that although Safer Internet Day is on 8th February, we will be running our Keeping Safe units of work the following week. During the week, our computing lead Mr Thorn will lead Collective Worship and pupils across the school will engage in a range of lessons to deepen their understanding on how to stay safe online.

In addition to this, during the week beginning 14th February, the children will be introduced to 'Internet Legend', the main character of Interland, an online game produced by Google. The game covers 4 key aspects: how to keep secrets secure, how to be kind online, how to spot fake emails and news stories and what information is safe to share.



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To engage the children further, we will be sending home puzzle kits with children in KS2 to build their own Internet Legend. The pack contains a QR code to scan, taking you to the Be Internet Awesome website. Once there, your child must answer a series of quiz questions correctly to unlock each instruction on how to build the model. It would be lovely to see some photos of your completed models.

Thank you for your continued support.

Yours sincerely



Mr Noel Goodwin
Headteacher

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