

Children's Mental Health Week 2026

Dear Parents and Carers,

From 9th–15th February, Grace Mary will be taking part in Children's Mental Health Week 2026, created by the children's mental health charity Place2Be. This year's theme is *"This is My Place"*, focusing on helping children understand and celebrate the places, people, and communities where they feel they truly belong.

A strong sense of belonging plays a vital role in children's wellbeing. When children feel valued, understood and included—in school, at home, and in their wider communities—they are more confident, resilient, and ready to learn.

What We'll Be Doing in School

Throughout the week, pupils will be taking part in a range of activities, including:

✨ Live Assembly – "Why Feeling Included Matters"

During Children's Mental Health Week, we will be taking part in a live assembly exploring the importance of inclusion and belonging.

Katie will share one of her stories live, giving children the opportunity to reflect on how their words and actions can help others feel welcome, valued, and supported.

This special session will encourage pupils to think about kindness, empathy, and the positive impact they can have on those around them.

✨ PSHE Mental Health Awareness Lessons

- Acorns Class – sharing our favourite activities and who we enjoy doing these with.
- Oak Class – building friendships and talking to one another positively through circle time and a mosaic activity.
- Elm Class – what mental health is and ways we can share and talk about our mental health
- Maple Class – discussing places we go and feel welcome and valued
- Beech Class – noticing similarities and differences in our class



- Cedar Class — discussing what does it mean to belong
- Sycamore Class — a big question: be myself or fit in?

How You Can Support Your Child's Mental Health at Home

Here are some simple, effective suggestions adapted from Place2Be's family tips:

Create a sense of belonging at home

- Make time for family rituals—shared meals, bedtime stories, walks, or weekend routines.
- Celebrate each child's unique personality, interests, and achievements, however small.

Encourage open communication

- Check in with your child regularly about their day and their feelings.
- Listen without judgment—small moments of empathy build trust.

Build strong, safe relationships

- Help your child maintain friendships and connections with supportive adults.
- Show them they are loved consistently, even on difficult days.

Let them explore their interests

- Encourage hobbies, clubs, or creative activities where they can express themselves.
- Allow them to make choices and take pride in their passions.

Notice and nurture their 'safe places'

- Ask your child where they feel most calm or happy—at home, outdoors, in school, or even in their imagination.
- Help them build strategies to return to that feeling when they're overwhelmed.



If You're Worried About Your Child's Wellbeing

Please remember: you are not alone. If you have any concerns about your child's emotional wellbeing, or if you would like further information or support, you can speak to:

- Mrs Smith
- Mrs Willetts

They are available on the school gate or through the school office. We are always here to help.

Find Out More

To explore resources, activities, and guidance for families, you can visit the official Children's Mental Health Week website:

 [Place2Be's Children's Mental Health Week - Official site](#)

Place2Be offers excellent tools and advice to help families nurture children's emotional wellbeing at home.

Kind Regards

Mrs Willetts

Assistant Head Teacher for Inclusion (including Mental Health Lead)

