

ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'

Ringwood Road
Totton
Southampton
SO40 8EB

Telephone: (023) 8086 3159

E-mail: admin.office@abbsch.co.uk

www.abbotswood.hants.sch.uk

Headteacher: Mr G Moore

'It Really Does Matter'

31 January 2022

Dear Parents and Carers,

National Children's Mental Health Week

Next week is Children's Mental Health Week and the theme is '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. Our school's core values ensure we focus on this:



Stickability – We succeed because we never give up.

Teamwork – By working together, we can achieve more.

Aspiration – We work hard to achieve our goals and dreams.

Respect – We value and care for each other and our environment.

Stretch – We have the courage to challenge ourselves to achieve our best.

We also ensure children know how to stay both physically and mentally healthy through our curriculum and our assembly program.

During this special week, all pupils will be spending their speaking and listening sessions thinking about how growing emotionally can benefit their wellbeing and their learning. We will also be looking at the importance of 'Time to talk' to encourage children to speak up about their feelings.

There is a website related to the week which has a section to support families too:

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

On our school website, there are links to sources of support for both children's and adults' mental health, along with our school policy and a provision map which explains the support available in school and through external agencies.

<https://www.abbotswood.hants.sch.uk/mental-health>

Safer Internet Day 2021 8th February

Safer Internet Day 2022 will be celebrated on 8th February with the theme 'All fun and games? Exploring respect and relationships online'. From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers. At Abbotswood, year groups will be exploring this topic over the week beginning 8th February.



On the Safer Internet Centre site, there is a section for families with free tips and activities for use at home: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers>

Yours sincerely

Ms F Brocklesby
Deputy Headteacher