

ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'

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'It Really Does Matter'

31st January 2023

Mental Health Week and Safer Internet Day 2023

Dear Parents and Carers,

Next week, 6th-10th February, is Children Mental Health Week and also Safer Internet Day. Children's wellbeing is always a priority for Abbotswood and we work hard to help children gain a better understanding of their feelings and emotions, give them strategies to help and know how to get support if they need it. The theme this year is 'Let's connect'. Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

As part of this special week, on Tuesday 7th February we will be joining schools and youth organisations across the UK in celebrating Safer Internet Day 2023.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology. Using the internet safely and positively is a key message that we promote in school, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. All children will be participating in activities.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Whether you have 5 minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child. If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's class teacher or contact us.

Kind regards,

Fiona Brocklesby
Deputy Headteacher
Senior Mental Health Lead
Designated Safeguarding Lead

George Adams
Behaviour Support Worker and
Senior Mental Health Lead

