

BIDSTON VILLAGE CE PRIMARY SCHOOL

SEND NEWSLETTER



Spring '24 Newsletter

Welcome to your spring SEND newsletter. This edition will focus on Mental Health. We hope you find it useful and informative. If you have any SEND concerns, please speak to your child's class teacher in the first instance. Should you need any further support following on from this, please make an appointment with a member of the SEND team: Miss Wall (KS1) or Mrs Fallon (EYFS / KS2). Our school SEN governor is Miss Gartland.



Saturday 21st January 2024 Parent and Carers Mental Health Day

Parent Mental Health Day was first introduced in 2022, following the aftermath of the global pandemic. It is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.

This year's theme is 'Creating Positive Relationships'. Relationships are a significant contributor to a person's wellbeing. Positive relationships bring happiness, warmth and make a person feel safe.

The website

<https://stem4.org.uk/parentmentalhealthday/> offers some practical advice and tips for parents and carers looking for ways to improve their mental health. If you are struggling with anything at all, please speak to us and we will do our best to refer you to an agency that can offer help.



Children's Mental Health Week 5th - 11th February

Children's Mental Health Week 2024 will take place from 5-11 February. Place2Be launched the mental health awareness week in 2015 to empower, equip and give a voice to every child in the UK.

Every year Children's Mental Health Week sees hundreds of schools, children, parents and carers taking part. At Bidston Village, we will be taking part in activities with the children to raise awareness and to teach them to look after their Mental Health.

When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.



This year's theme is 'My Voice Matters'.



Useful Websites

There are lots of useful websites with information and resources to do with Mental Health.

<https://www.childrensmentalhealthweek.org.uk/>



<https://stem4.org.uk/parentmentalhealthday/>

<https://www.mind.org.uk>



<https://www.nhs.uk/mental-health/>

<https://mentalhealthuk.org/>

