



Children are at the centre of everything we do

**Children's Mental Health Week
5-11 February 2024**

My Voice Matters

2 February 2024

Dear Parents/Carers,

We are pleased to share with you that we have booked **'West End in schools'** team to provide interactive wellbeing work sessions for your children in classes Reception to Year 6.

The class-by-class sessions are based around the books, **Daisy's Dragon's**, **Ruby's Worry** and/or **The Boy, The Mole, The Fox and The Horse**.

The link below explains the themes and sessions in more detail

<https://westendschools.org.uk/drama/emotionexplorer>

Alongside the 'West End in Schools' sessions, our PSHE curriculum and ongoing therapeutic approach, children will participate in a variety of planned activities within their classes.

The following links might be useful:

<https://www.place2be.org.uk/>

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

<https://www.annafreud.org/parents-and-carers/resources/>

<https://dacorumspl.org.uk/social-emotional-and-mental-health-semh/>

<https://www.actionforhappiness.org/10-keys-to-happier-living>

Kind regards

Greenway's Mental Health Leads

Katharine Ellwood-Head Teacher

Dani Roe-INCO

