

PRESTON MANOR SCHOOL

Upper School Site: Carlton Avenue East, Wembley, HA9 8NA
Head of Upper School: Mr. Tom Phillips
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Lower School site: Princess Avenue (off Carlton Avenue East), Wembley, HA9 8LZ
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31st January 2025

Dear parent/carers,

Children's Mental Health Week is next week, beginning 3rd February, and the theme this year is 'Know yourself, grow yourself'.

In school we will focus on encouraging our pupils to understand themselves. The activities we will be using with pupils will explore how the children express themselves.

By talking openly about mental health from a young age, children can learn to better understand their emotions, break down stigma, and feel safe enough to reach out when it's needed.

Children will be participating in a few class activities during the week and we would like to draw attention to our ongoing theme of respecting others and ourselves. We are also thinking about how being kind to others helps us to feel good about ourselves.

You can find out more about the week and Place 2 Be at the link below

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

We hope you will enjoy talking to your child/ren about the activities they have been involved with next week.

Yours sincerely

Mrs S Solanki
Assistant Head teacher (SENCO)

Mrs A Parmar
ELSA