



ST MARGARET WARD CATHOLIC ACADEMY



Little Chell Lane
Tunstall
Stoke on Trent
ST6 6LZ

Telephone: 01782 883000
Pupil Absence Line: 01782 883003
Email: office@smwca.org.uk
Website: <http://www.stmargaretward.co.uk>

Principal: Mr. D. McKenna B.Soc.Sc. MA. PGCE. NPQH.

025B/Children's Mental Health Week/HMF/LB

February 2022

Dear Parent/Carer

I am writing to let you know how we are supporting **Children's Mental Health Week**, which this year, takes place from **7th to 13th February**.

Children's Mental Health Week is run by children's mental health charity **Place2Be** to focus on the importance of looking after our emotional wellbeing from an early age. This year's theme is **GROWING TOGETHER**.

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. We grow intellectually as we gain new knowledge, skills, and understanding at school, and beyond. **Growing Together** is about growing emotionally, and finding ways to help each other grow. For Children's Mental Health Week 2022, Place2Be believe that children and young people should not have to face mental health problems alone and is encouraging children (and adults) to consider how they have grown, what they need to help them grow, and how they can help others to grow too.

Here are some statistics that confirm why it is important to look after ourselves and our mental health:

1 in 6 children and young people have a diagnosable mental health condition.

50% of those with lifetime mental health problems first experience symptoms by the age of 14.

Please take some time to look at our website in the News section, where you will see some resources for Parents and Carers which you may find helpful and I am delivering an Assembly based on Mental Health Week to all year groups to look at what is 'Growing Together' and why it is important? This will also be available on the website.

We need our parents and carers, our friends, our teachers and others to support us to grow, especially when things get tough. We often need others to help us to believe in ourselves, to keep going and to try doing things a little differently.

We can also be a great support to others as they grow. An encouraging word or a smile helps us and others even when we have experienced really difficult challenges in our lives. With the right support we can continue to grow and even flourish.

As Nelson Mandela said, "Don't judge me by my successes, judge me by how many times I fell down and got back up again"

Yours faithfully

Mrs H Farrer
Assistant Principal

If you require this information in a different format, please contact the school.

