

Safeguarding

Children's Mental Health Week

This week was Children's Mental Health Week. This has been a focus for daily PSHE lessons this week and our safeguarding assembly about looking after ourselves and our mental health online. The theme was My Voice Matters – this is about empowering children by providing them with the tools they need to express themselves.

Mrs Gray has sent several resources out over the last couple of weeks to provide parents and carers with ideas to support children's mental health at home. We have put these on our school's website here:

[Naunton Park Primary School - Children's Mental Health](#)

To get started (if you haven't already), how about try prompting a conversation with your child over the half term using these sentence starters...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

How about watching these together: [Moodboosters](#) | [Free primary school mental health resources - BBC Teach](#)

Together we can!