



Schools
Counselling
Partnership

Children's Mental Health Week 2023 – Let's Connect

February 6-13

Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways. There will be assemblies in school getting children to think about how to make meaningful connections as well as some classroom activities.

All of these activities will be co-ordinated by the Schools Counselling Partnership who provide much needed therapeutic support to our most vulnerable children, young people, parents, carers and staff. We would like to use this week to help raise funds to keep this vital service in our school.

We will be selling 'Let's Connect' rubber bracelets. The idea behind the bracelets is that a loved one (parent, carer, aunt, uncle, grandparent etc) kisses the bracelet when saying goodbye to a child and then when that child is missing their loved one they can simply put the bracelet to their cheek remembering that kiss. It is a way of feeling connected even when you are a long way away.



We will be selling the bracelets for **£1 each**. Please order and pay via ParentPay.

If you are feeling lonely or isolated and need some support remember that **CLAUDIO SOUZA**, is our Therapeutic Lead in our school and is available to you on **MONDAYS**.