



The Manor
Preparatory School

To All Parents

Friday 15 May 2020

Dear Parents

Mental Health Awareness Week 18 - 24 May 2020

Next week is Mental Health Awareness Week. Mental health problems can affect anyone at any time and this week helps to promote the message of good mental health for all.

This year, the theme of Mental Health Awareness Week is 'Kindness.' One thing we have seen all over the world in these uncertain times is that kindness is prevailing and helping us to strengthen relationships, develop communities and deepen solidarity. Helping others is good for our own mental health and wellbeing. It can help reduce stress and improve our emotional wellbeing too.

Next week, we will be encouraging the children to share with us how they have been kind on our Classroom and J2e pages as well as during our live Google Meets. Here are a few ideas to help get them started:

- Call a family member or friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Tell someone you know why you are thankful for them
- Send someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Help with a household chore at home
- Spend time playing with your pet
- Draw a picture for somebody at home
- Donate to a charity

We would love to see any messages or pictures from your children on our Google Classroom pages or posted on J2e next week about how they are being kind so that we can see what a supportive community we have!

During this time away from school, we have been frequently reminding the children to remember to take care of their mental health and you can find more advice on how to support this at home here:

<https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>

There is also a range of Mindfulness videos and a calendar of mindful activities for the children to enjoy on the Pupils' Pages section of the website:

<https://www.manorprep.org/school-life/pupils-pages/>

We have been encouraging the children to talk about their thoughts, feelings and any worries that they may have during this time with trusted adults at home. In Years 3 - 6, the children are also able to send a message to their teacher about anything on their mind via Google Classroom or by sharing a Google Doc with them.

For more information about supporting your family's mental health and wellbeing during this time, please see the links below:

<https://www.mentalhealth.org.uk/coronavirus>

<https://youngminds.org.uk>

We look forward to celebrating Mental Health Awareness Week next week and should you have any questions about this important aspect of wellbeing, please do not hesitate to contact me on vfootring@manorprep.org.

Best wishes

Varun Footring
Deputy Head Pastoral