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Dear Parents/Carers,

Please see below regarding national events your child will be learning about this week:

Mental Health Week in Schools

Children's Mental Health Week takes place from the 6th to 10th February 2023 across the UK with the theme of "Let's Connect". It is about making meaningful connections. **To support this important event, children can come to school this Friday (10th February) in non-uniform.** The theme of this day is 'Inside Out' where children can wear an item of clothing inside out if they wish to support the idea that we need to share what we feel on the inside.

In addition, we will have staff members from If You Care Share organisation. They will be in school on Friday 17th February to talk to the children about emotions and how we can deal with them. The aim is that children learn to recognise their emotions and also how to regulate them. Each class will do their own workshop with the focus being on good mental health.

We continue to support pupil's mental health through a wide range of approaches in our school including:

- Offering a range of interventions around social, emotional and mental health and opportunities to talk.
- Our Parent Support Advisor is available to talk to children to support their emotional well-being.
- Key events such as Anti-Bullying Week, Mental Health Week and Internet Safety are on our curriculum to ensure children know where to get support and what their rights are.
- Values of the Month are promoted in our school and celebrated to ensure children are encouraged to develop key skills such as resilience, determination and safety to name but a few.
- Our PSHE curriculum is developed to allow pupils to learn about aspects of well-being including Anna Freud's mental health resources to talk about 'Big Feelings'.
- We develop pupils' ability to share their views through class comment boxes, elected School Councillors, discussions in lessons and encouraging all children to listen respectfully to each other's views.

If you would like more information please click on the following link:

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

For more information about <https://www.ifucareshare.co.uk/> please click on the link.

Safer Internet Day – Tuesday 7th February



Pupils will focus on how to be safe on-line during Safer Internet Day on 7th February. As well as our on-going online safety curriculum work, we will look at internet safety through discussion and activities. The theme for this year is 'Want to talk about it? Making space for conversations about life online'. In school we teach internet safety through our PSHE curriculum and Computing curriculum. By tackling this together, we can share the same messages at home and school.

Please see <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023> for more information.

Also see the NSPCC site for how to keep your child safe online: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Many thanks for your ongoing support.

Mrs L Snowdon (Headteacher)