



Rise Park Primary and Nursery School  
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Dear parent and carer

We are delighted to be taking part in the National Mental Wellbeing Week which will be launched up and down the country in schools from the 7<sup>th</sup> of February to the 11<sup>th</sup> of February 2022. We feel at Rise Park, the learning behind such an important week is so important particularly in the current challenging times our children are fantastically adapting to. We would like to take the time to update you on what will be happening over the week.

The official theme this year is titled 'Growing Together'. The theme is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt. Trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

Each class will combat a tricky challenge in attempt to explore what are helpful and ineffective strategies to complete it successfully as a team to become 'unstuck'.

On Friday 11<sup>th</sup> February, the children are going to be given the chance to 'express their self' through their appearance. This is to celebrate the fact that each child's difference is what truly makes each and everyone of us special. Encouraging the children to be true to their self also promotes respect for each other, embracing differences and learning about cultural differences.

Children may come to school in their favourite bright colours or perhaps they could represent their family heritage in traditional clothing. You may even want to think outside of the box and dress up as an occupation they are striving towards. We are asking for a small donation of 50p on the day to donate to the official charity which helps combat mental health in young children.

As always, we cannot wait to see what the week has in store and we thank you for your continued support. Keep an eye out on our Twitter feed for a sneaky peak of work uploaded by class teachers.

Many thanks  
Miss Scholten

