



Moss Bank Road, Manchester, M27 9XB

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www.wardleyce.co.uk

5th February 2021

Dear Parents/Carers,

Re: Spring Term Update 4

Children's Mental Health Week

This week has been Children's Mental Health Week and the theme this year is 'express yourself'. As a school, we recognize the importance of supporting the children's mental health, especially in the current situation we find ourselves in.

Mental health isn't just about illness, it is also about wellbeing. By talking openly about feelings from a young age, children can learn better to understand their emotions, break down stigma and feel safe enough to reach out for help when it is needed.

However, talking about mental health and expressing our feelings can be difficult, no matter what our age is. We are sending out a few resources with this newsletter to help you think about how you can support your children by talking to them about their feelings and letting them express themselves. One of the resources is a 'Time to Talk' parent leaflet to support the 'Time to Talk Day' which takes place this Saturday 6th February.

We are doing a lot of work during this current lockdown with the children to support their wellbeing and to encourage them to talk and express themselves. We have weekly personal, social, health and economic education (PSHE) Google Meets that do this in an age appropriate way with the children. We also give the children the chance to reflect upon their feelings within our collective worship work each week and I have enjoyed reading some really thoughtful responses to these tasks. We feel that our regular Google Meets are also a fantastic way for the children to connect together with their friends and teachers during this lockdown, allowing them to talk and share time together. It is lovely to hear the laughter and enjoyment that comes from them being together in this way.

I think a fitting way to end this update is with the words that some of our Y5 pupils wrote in their collective worship work this week:



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Wondering by Erin Y5

I wonder when my family and I can do something special altogether.
I wonder when we can go to the park or bike ride around the street with our friends.
I wonder if we can go back to normal soon enough.
I wonder when we can go to school and mess around in the playground.
I wonder when we can go out for a meal or enjoy the warm sun on our backs
I wonder when we can walk about without having to wear a mask or use hand sanitizer everywhere we go.
I wonder if we can go on a hike in the hills very soon.
I wonder when we can see movies in the cinema with popcorn and a Milky Way bar.
I wonder when we can do all those things

Waiting by Hannah-May Y5

I'm waiting for my school to open so I can see my friends and teacher again face to face. I'm waiting to get into the classroom once more to pick up my learning in school from where I left off. I'm also waiting to see my family many more times than during this unhappy and stressful time. I miss them so much and I only see them a few times a month.
For this to happen to everyone you need to:
Stay home, help the NHS and save lives.

As always many thanks for your continued support during this challenging period.

Kind regards,

Mark Foster,

Headteacher.