



**Exec. Headteacher:**  
Mrs J Olivier

**Head of School:**  
Mr M Currie

**Telephone:**  
01622 752161



**E-mail:** sbps\_office@swale.at

**Website:** www.southboroughprimary.org.uk

**Twitter:** @sbpsmaidstone

A Learning Ladder for Life

7th February 2022

Dear Parent/Carer,

## **CHILDREN'S MENTAL HEALTH WEEK**

This week is Children's Mental Health Week. We will be enjoying lots of activities to promote and discuss mental health throughout the week. Supported by Place2Be, the theme of this year's Children's Mental Health Week is '**Growing Together**'. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and 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'.



### **Assembly**

To explore the theme of Growing Together, all children will be watching and discussing a virtual assembly in their classes. We also want to encourage parents to watch this assembly and have some open discussions with their children. [Growing Together Assembly](#) can be found by following the link.

### **Dress to Express Day - Friday 11th February**

On Friday 11th February, there will be a FREE non-uniform day where the children are encouraged to 'dress to express'. Children can dress in whatever they feel most comfortable in and whatever represents them as a person. Fan of a particular football team? They could wear their colours. Love bright colours? Your child could dress in the very brightest clothes they own. Love to relax and chill out? Your child could even come to school in their pyjamas - there are no rules here (provided everything is safe for school, of course!). Your child may choose to dress in their favourite colour or even a colour which expresses how they're feeling. Either way, Friday is Dress to Express Day and your chance to express yourself!

As always Mental Health and wellbeing are at the top of the agenda here at South Borough. We hope that our focus on this throughout this week will further support children in understanding mental health and seeking support when necessary.

Thank you for your support,

Miss H Ballard  
Assistant Headteacher

Stagshaw Close, Postley Road, Maidstone, Kent, ME15 6TL

Trust Principal: Mr J Whitcombe MA

Director of Primary : Mr M Wilson

Swale Academies Trust Registered Office: Ashdown House Johnson Road

Registered in England No: 07344732