

Dear Families,

As we approach Children's Mental Health Week, we want to take this opportunity to highlight the importance of your children's mental wellbeing and share how we support your children in developing resilience, emotional awareness, and a positive mindset throughout the year.

At Cambrai Primary School the children are taught to recognise the importance of looking after their own mental health. Through our PSHE lessons, your children are learning essential skills such as identifying and managing emotions, understanding the impact of physical activity on mental health, and developing strategies for self-care. Discussions around loneliness, cyberbullying, and the influence of social media also take place across the year to help to prepare our children for challenges they may face as they grow.

Beyond the classroom, we have a range of initiatives to support your child's mental wellbeing. These include:

- Whole school worry box – A safe and anonymous way for children to express their concerns.
- Qualified Senior Mental Health Lead – Providing guidance and support.
- Pupil Parliament & Pupil Voice Conferences – Ensuring children's voices are heard and valued.
- Regular family events – Strengthening our school community and promoting positive wellbeing at home.
- Signposting for parents – Offering advice and resources to support children's mental health.

For children requiring more targeted support, we offer additional support such as mindfulness clubs, service pupil support, and therapeutic counselling. Our specialist services include access to educational psychologists, the SEMH Hub, the Early Help service and bereavement support through Just B. We also work closely with North Yorkshire's Emotional Resilience Team who provide bespoke support to some of the children in our school. If you feel that your child would benefit from some targeted mental health support and hasn't please do get in touch and let us know.

While Children's Mental Health Week is a key moment to raise awareness, we want to reassure you that prioritising mental wellbeing is something we do all year round. We encourage open conversations about emotions, provide safe spaces for discussion, and empower children to develop the resilience they need to thrive. We appreciate your support in reinforcing these messages at home, and we encourage you to engage with the resources and activities we will be sharing throughout the week.

If you have any questions or would like further support, please do not hesitate to reach out.

With kind regards

Miss R Humphrey & Miss Robinson

PSHE Lead

Senior Mental Health Lead

