



SUMMERFIELDS
PRIMARY ACADEMY

LEARN AND GROW

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At Summerfields Primary Academy, we are passionate about making a difference to the lives of young people in our care. We are all aware that positive mental health is key to believing and achieving and we are committed to ensuring that an ethos of positive mental health is at the heart of all that we do. In an ever-changing world, positive mental health is key to everyone's wellbeing and quality of life. It allows us to respond effectively to the challenges that daily life brings.

Week beginning the Monday 6th February is Children's Mental Health Week. Therefore, classes will be taking part in a series of activities and talks to raise awareness of mental health and wellbeing in children.

Friday 10th February will be a non-uniform day with the theme of 'Dress to Express'. We will be encouraging all students and staff to use clothing and colour to express themselves.

Thank you for your continued support.

Miss V Foster.

Senior Mental Health Lead

Where to get information and support

For support on specific mental health needs

Anxiety UK www.anxietyuk.org.uk

OCD UK www.ocduk.org

Depression Alliance www.depressoinalliance.org

For general information and support

www.youngminds.org.uk

champions young people's mental health and wellbeing www.mind.org.uk

advice and support on mental health problems www.minded.org.uk

www.time-to-change.org.uk tackles the stigma of mental health

www.rethink.org challenges attitudes towards mental health

