

# STANLEY PARK JUNIOR SCHOOL

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A "Sense of Pride"

Dear Parent/Carer,

**7<sup>th</sup> February - 11<sup>th</sup> February**  
**Children's Mental Health Week.**

Each year at SPJS we participate in Children's Mental Health Week. We are aiming to teach children about the importance of promoting good mental health and wellbeing for each other.



The theme this year is '**Growing together**'.

We will be exploring what helps us to grow and the important people in our lives who support us in this. They will be reading the story of The Very Hungry Caterpillar and then thinking about how they have grown from where they are now and how they will continue to grow in the future. Their work will reflect their knowledge on what is needed for them to grow physically, mentally and emotionally. For homework the children will be given a well-being challenge to complete. This will need to be signed by an adult and handed in at the end of the week.

In addition to this, on **Friday 11<sup>th</sup> February**, we will be holding a '**dress to express**' day where the children can come into school **wearing a colour of their choice to express their feelings or an outfit that expresses who they are.**

**Here are a few simple ways you can support your child's emotional growth.**

- 1. Talk about when your child was younger** Most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. If you are an adoptive parent, foster or kinship carer, you will still have lots of memories to share from when you first came together as a family.
- 2. Notice when your child has developed and grown** You may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.
- 3. Encourage your child to try new things** This could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow.
- 4. Listen to your child's hopes and dreams for the future** Encourage your child to see that everything they are doing right now is a tiny step towards who they might want to become in the future. For example, your child staying away from home for a night is a step towards them being able to leave home for study or work in the future.
- 5. Support your child to learn from tough situations** It can be really hard when your child is not getting on with friends or is disappointed with how something has worked out. Help your child to grow and develop from these situations.

Yours sincerely,  
Mrs Gray and Mrs Khan  
PSCHE Coordinators

Headteacher: Amanda J Lamy BA (Hons)  
Deputy Headteacher: Julia Burridge BA (Hons)