



Palace Wood Primary are getting ready to support Children's Mental Health Week which takes place from 6-12th February. We have many wonderful things planned to raise awareness of the importance of having healthy minds and bodies. Take a look at what we are up to and how you can support your child's mental health at home.



The children shall be watching the wonderful animation of 'The boy, the mole, the fox and the horse' which is based on the story by Charlie Mackesey. This will be used as inspiration for creating positive statements and artwork for the school. We will also use the film to discuss themes such as, loneliness, friendship and how we ask and offer help to others. We can't wait to share our work with you at the end of term.



We are running a Readathon as part of our support of Children's Mental Health Week.

Readathon is a sponsored read run by the UK charity Read for Good . The money raised not only helps buy books for the school but supports the charity to supply books and stories to children in hospitals across the UK .

Our Readathon event begins on Monday 30th January and ends on Friday 10th February. A letter will be sent to you next week giving you all the details.

Each year group shall be exploring a different Tom Percival book in their English lessons to help explore their emotions and learn how to express and understand their feelings.



Safer Internet Day 2023 will take place on the 7th of February 2023, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'. For support at home, the NSPCC has parent online guides you may find useful. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>



The whole school shall be using the school grounds to partake in a 'walk and talk' event during the school day. Not only is walking great for our physical health, being outdoors and connecting with others is great for our mentally, too. There are many organised Walk and Talk events which occur regularly throughout Kent. Find more info on this website: [www.kentcht.nhs.uk/service/one-you-kent/one-you-walkandtalk/](http://www.kentcht.nhs.uk/service/one-you-kent/one-you-walkandtalk/)