

Let's
Connect

HUB TEAM UPDATE



CHILDREN'S MENTAL HEALTH WEEK AT HAXBY ROAD

6-12th February 2023



What is Children's Mental Health Week?

At Haxby Road we will be supporting Place 2 Be's Children's Mental Health Week. This year's theme is 'Let's Connect' and is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. Having healthy connections - to family, friends and others - can support our mental health and sense of wellbeing. We will be launching the week with a special assembly where Mr Hind will talk about how connection is vital for good mental wellbeing. We will do daily activities in our classrooms and finish the week with a 'Dress to Express day.'

Ways you can get involved and connect as a family to support your child's mental health...

Mindful Monday

Try some mindful meditation children's bedtime stories on YouTube

Talk it Through Tuesday

Can you check in with your family using the Zones of Regulation? Talk through what each colour represents...

Wellbeing Wednesday

Complete a 'random act of kindness' by doing something nice for a friend or a stranger. How did it make you feel?

Thoughtful Thursday

Can you remember a day where you thought it was going to be bad and it turned out well?

Feeling Friday

What is something you feel grateful for this week?

DRESS TO EXPRESS FRIDAY 10TH FEBRUARY 2023

Dress to Express this Children's Mental Health Week. You could wear your favourite colour or a unique outfit to express how you're feeling, it can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions.

Let's Connect Chain

To help your child understand the importance of connection with their family, neighbours and wider community we would like you to make and design a family connection paper chain. Talk about how each connection helps your family unit to thrive, solve problems and be happy and healthy.

For further support with your child's wellbeing please do contact a member of the HUB Team; Mr Hind, Mr Smart or Mrs Tasker.