



St Levan Primary School
where all children SHINE...for life

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Children's Mental Health Week 5th-11th February

Dear parents,

Having read our recent bulletins, you will no doubt be aware that it will soon be Children's Mental Health Week. This year's theme is 'My Voice Matters' and is all about the importance of children and young people's views being heard. Alongside daily activities in each class and a very special bulletin on Friday written by the children, here's some other activities you should know about:

Wellbeing Being Ambassadors

We invite you all to join us in school from **2.30pm on Monday 5th February** for a very special assembly led by our amazing Wellbeing Ambassadors. Having taught the children and staff about The Decider Skills and how these can help boost our wellbeing, the ambassadors would like to deliver their training to parents. There will be teas/coffees and a cake sale to raise money for Place 2 Be, a charity supporting pupils experiencing mental health difficulties. Donations of cakes/biscuits are gratefully appreciated on the day.

Safer Internet Day

On **Tuesday 6th February**, we will be learning about how to stay safe online and both classes will be completing different activities linked to Safer Internet Day.

Dress to Express

On **Friday 9th February**, children and adults will Dress to Express. This means the children coming to school wearing something which is an expression of themselves to show their interests/personality/passions etc.

As if this wasn't enough, we have also got our exciting trip to Sennen on Wednesday morning, three Wellbeing Ambassadors attending a special event in Truro and Billy Wynter visiting us for an arty project. More information to follow in the next bulletin. Watch this space!

From the St Levan Team