



St Mary's C of E Primary & Nursery School

Church Lane, Chessington, Surrey, KT9 2DH Tel: 020 8397 9597

Email: office@stmarys.rbksch.org Web: www.stmaryschessington.co.uk

Dear Parents/ Guardians

Next week is Children's Mental Health Awareness Week (1st February to the 5th February). At St Mary's we are going to call it Wellbeing Week.

It is probably the best time for us to have this week: some of us are at school, some of us are at home, lots of us are juggling work and home schooling and lots of us are learning to teach without having children actually in front of us. What a strange time and what a challenging time to try and keep sane, healthy and happy! However that is what we are doing - we are apart when we would rather be together, but each of us in our own way is doing our best and carrying on. I think as part of Wellbeing Week, I just wanted to say well done to all of you!

I would like to share some of the ways we are going to mark our Wellbeing Week. I definitely do not want this week to be stressful or more work so the ideas below are things you can choose to join in with or not to join in with. Your Wellbeing Week may simply involve making time to have some fun with your families!

If you would like to take part in some of our activities please do.

On Monday 1st February, in our Google Classroom Whole School Hub, you will be able to access my welcome whole class assembly, it will be called Welcome to Wellbeing Week. In this short introduction, I will introduce our theme for Wellbeing Week: how we express ourselves. This theme encourages us to think about how we express our thoughts, feelings and ideas and how this is vital for our wellbeing.

There will also be a wellbeing activity in the Whole School Hub called Our Wellbeing Write. I will be inviting the children to create a piece of writing around emotions and wellbeing. I will show some examples during the activity. These can be creative, fun writes - lots of colour and decoration please! We will be taking part in this activity alongside our local Chessington schools and creating a joint book of wellbeing. It should give a lovely insight into what wellbeing means to our children.

To end our week, Mr Russ will be leading a Feel Good Friday workout live on Friday afternoon, which as always will be lots of fun; we are hoping to try and get 100 of us on the call!

The last and very simple idea will just be for our children in St Mary's. It would be lovely if you sent in some photos and captions of how as a family you do things together that are great for your wellbeing.

Headteacher: Mrs Stephanie Playle



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We do not all express ourselves in the same way: some of us satisfy our need for adventure by watching films, some of us bake, some of us read! It can be anything! I have included my own example below.



I show my love for my family when we play - this sort of thing is good for my wellbeing!

If you could email me your photos and captions at cjohnson@stmarys.rbksch.org, I will put them into a slideshow. Obviously if you would prefer your image not to be shared, please do say.

Children that are in school will take part in these activities as part of their week.

I hope you enjoy taking part if you would like to and I wish you all a happy week!

Kind Regards

Miss Johnson



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