

Monday 10<sup>th</sup> May 2021

Re: Mental Health Awareness Week

Dear Parents/ Carers,

This week is Mental Health Awareness Week. The theme this year is Nature. Click [here](#) to find out more about this week and how nature can help our mental health. In school pupils will be doing activities linked to nature this week.



At Woodlands, we know the importance of looking after our wellbeing. The children are aware of the '5 Ways to Wellbeing' - Stay connected, Be active, Take notice, Give and Keep learning. We should all aim to get a good balance of each of these every day to take care of our physical and mental health.



Visit our [Woodlands Wellbeing website](#) for parents for more information on:

- What is wellbeing?
- How to support your own wellbeing and your children's wellbeing
- What we are doing in school to support wellbeing
- Contact details for further support.

Have a great week!

Miss Moxom  
PSHE/ Wellbeing Lead



SCHOOL MEMBER

