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Woodlands Academy, Hathaway Gardens, W13
ODH

Head Teacher: Ms C Hasker

Together We Achieve

Tuesday 28th January 2025

Dear Parents/Carers,

RE: Children's Mental Health Week

Next week is Children's Mental Health Week. At Woodlands, we understand that for children to flourish in school and at home they need to take care of their wellbeing. We encourage children to do this by following the '5 ways to wellbeing'- Connect with others, Be Active, Give, Take Notice and Keep Learning.

In celebration of this special week, our school councillors will lead a special launch assembly on Monday. Throughout the week pupils will have focused activities to complete in class. To end the week, on **Friday 7th February we will have a 'WE ROCK!' day where children can dress as rockstars for the day.** Please ensure your child has weather appropriate clothing and a coat to wear outdoors. Pupils in KS2 will have the opportunity during the day to practice their times tables on Times Tables Rockstars and contribute to the scores for a TTRS competition NSPCC Rocks against other schools.



Dress like a rockstar!

'We Rock!' Day

Friday 7th February 2025

As part of Children's Mental Health Week, we will be celebrating the importance of being kind to your mind. WE ROCK!

Thank you for your ongoing support.

Yours sincerely,
Ms Moxom (Assistant Headteacher)