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Together as a school family, we live, love and learn in Jesus' footsteps.

Wednesday 13th May 2020

Dear Parents,

Mental Health Awareness Week (18th-24th) and STAYING SAFE

Next week is Mental Health Awareness Week. Mental Health Awareness Week is the U. K's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all.

'Kindness' has been announced as the new theme for Mental Health Awareness Week 2020, in response to the coronavirus outbreak. We have seen how kindness has played a very important part throughout the last two months; bringing communities together with benefits for everyone, particularly in times of great stress.

Now, more than ever, we need to look after our mental health. Books and specialised activities can provide a brilliant way of helping children and young people to understand the world around them as well as what's going on in their heads.

In order to support our pupils and our school community during these unprecedented times we have a new tab on the school website entitled 'Staying Safe'. Within this tab, there are three subsequent sections: KS1, KS2 and Information for Parents.

Factsforlife.org is an organisation that is supporting children and their families with a range of activities to help with physical and mental wellbeing and have numerous scientific resources all of which can be used at home and in school. These are released on a weekly basis and as of the

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week commencing 18th May, these will be uploaded onto the KS1 and KS2 sections. All year groups will signpost these resources as part of the afternoon home learning activities.

Additionally, EBUG is a public health initiative that teaches and explores good hygiene practices and provides families with a range of scientific links, videos and explanations about how to prevent the spread of germs. Again, these resources and links will be uploaded to the KS1 and KS2 sections and signposted by year groups

The information for parents section contains a range of science and mental wellbeing resources to support at home during this time. There are some video links, help sheets and links to other resources that you may find useful. These are simple steps you can take to look after your mental health and wellbeing. We will continue to add and update the information to this page.

We hope that these resources and videos support you and your family to stay safe.

Thank you for your continued support.

Mrs Pollard and Mrs Martin

PSHE and Science leads.