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Nursery School

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January 2020

Children's Mental Health Week 3rd – 9th February

Dear Parents/Carers

We will be focusing more on supporting children's emotional well-being during week beginning 3rd February 2020. A children's charity 'Place2Be' is launching their support for children's mental health and the theme for this year will be Find Your Brave.

The charity quotes, ' Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself. We all have times when we need to **Find our Brave'**.

As parent you play a vital role in child's mental health and the 'Place2Be' website has many free resources for you to read or download. We hope you join us in supporting our young children's emotional well-being and help them to become more resilient and help them to develop their self-esteem and coping strategies.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

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*Working for
Warwickshire*

