



'Spurring each other on with love'

School Drive, Woolwell, Plymouth PL6 7JW

☎: 01752 301837 Email: admin@bickleighdown.devon.sch.uk

Headteacher: Mrs Tameka Hue Hamilton

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Dear Parents and Carers,

Children's Mental Health Week 2025

This year's theme, 'Know Yourself, Grow Yourself', is all about understanding ourselves better. When we take the time to learn about who we are, we can express our emotions more easily and deal with life's ups and downs.

Being self-aware means knowing what we are good at, understanding what we find tricky, and thinking about what we like and dislike. It is also about noticing what makes us feel happy and understanding what might make us feel sad. Being self-aware includes recognising what makes us unique, as well as our hopes, dreams, and even our fears.

As we get to know ourselves better, we grow in lots of ways. We can build stronger friendships, improve our skills and talents, and feel more ready to face challenges. From childhood to adulthood, understanding and growing ourselves helps us form healthy relationships and live happier lives. I have included two activities in this email that the children can enjoy at home, either on their own or with a sibling or a grown-up. We would love to receive **pictures of their creations**, as we plan to create a special mental health newsletter showcasing all their wonderful work.

Yours sincerely,

Miss P Gayatao, Mental Health Lead

