



Next week, we will be participating in this year's Children's Mental Health Week with the theme of **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow.

Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, we will explore different strategies to support our growth and mental health over the week together.

We will have lots of activities and mini events for children that teach mindfulness and building positive mental health, including: A Chill Out Tipi, mindfulness breathing and calm down techniques, assemblies, guided meditations and lots, lots more!

On Monday, we will also be launching our new House competition based on the 5 Ways of Wellbeing.