

St Margaret's at Hasbury Church of England Primary School and Nursery

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28th January 2020

Dear Parents and Carers,

3 -9 February 2020 is Children's Mental Health Week

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year the theme is **FIND YOUR BRAVE**.

What's it all about?

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**.

What can you do?

Here are a few simple ways you can encourage your child to **FIND THEIR BRAVE**.

- 1. Remind your child that bravery comes in many forms and everyone is different.** What's brave for them might not feel brave to someone else.
- 2. Chat with your child about a time when you've had to FIND YOUR BRAVE.** It might have been something big or small.
- 3. Praise your child when they FIND THEIR BRAVE.** Maybe they've kept going at learning a new skill or tried something outside their comfort zone which boosted their confidence.
- 4. Point out examples of bravery in books and films** to your child and talk about how trying out different ways of being brave will help them feel good.
- 5. Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

We will be basing some of our lessons around Children's Mental Health week, next week and the above tips may offer help to you and your child.

Thank you for your continued support.

Miss Gill

PSHE Lead



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*Halesowen Township
Learning Community*

