



Newfield Primary School

Longstone Avenue, Willesden, London, NW10 3UD
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Tuesday 6th February 2024

Children's Mental Health Week 2024: Your Voice Matters

Dear Parents and Carers,

This week is Children's Mental Health Week. The theme this year is Your Voice Matters. Attached to this letter are some ideas for families to explore together about children's mental health and well-being including Top Tips from young people on how to talk about their mental health. Attached, there is also a lovely activity for pupils to complete entitled, "What matters to you." I know that all of our lives are busy and time is in short supply, but either this week or over the half term break it would be wonderful if you could complete this activity with your child / children. If you need any resources from the school please ask Ms Bolt! Please share your completed collages with me- I would love to see what matters to you.

Additional resources, information and inspiration about positive mental health are available on the school website www.newfield.brent.sch.uk. Click on the Children tab for Children's Mental Health Week 2024 resources provided by Place 2 Be. For support and signposting for parents -click on the Parents tab. For curriculum information click on PSHE and / or click on the Personal Development tab. Our website is full of wonderful resources.

At Newfield we think about children's happiness and well-being every day throughout the day. Our school values and our school rules prioritise being kind. Through our Personal, Social and Health Education (PSHE) curriculum we encourage pupils to lead safe, happy, balanced, fulfilled lives and to understand the importance of developing their character. We use the Jigsaw scheme to teach PSHE and pupils also have weekly assemblies using the My Happy Mind resources. My Happy Mind helps pupils to understand how the brain works and how to identify and regulate their own feelings.

Many of you will be aware that we also use the Zones of Regulation to help all pupils to identify how they are feeling throughout the day and how to self-regulate if they are not feeling happy. Self-regulation and self-understanding are vital for positive mental health- please ask your child or a member of staff for more information about this. Everyone should be able to talk about this at Newfield!

Headteacher: Ms Bolt

Newfield Primary School collects data for the purposes of performing our public task as a school and exercising our legal obligation to comply with the law as required under articles 6 and 9 of the General Data Protection Regulation (GDPR). Please refer to our full privacy notice which is available on the school website or from the school office for further details.



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At Newfield we want our pupils to achieve well. We want everyone to be ambitious for their future. We want all of our pupils to be healthy and happy. Some children may need additional support with their learning in school at times and some children may need additional support with their mental health and self-regulation at times. Here are some of the interventions and some of the additional support available at Newfield. Please ask Ms Bolt if you are interested in finding out more about any of these programmes:

- ELSA- Emotional Literacy Support Assistants- we have 5 members of staff trained to support pupils to manage their feelings. Pupils work with ELSAs in a small group or on a 1:1 basis.
- Counselling- individual sessions with a trained counsellor.
- Lego Therapy- social skill development using Lego.
- RAW- new music based therapeutic programme starting next half term with Ms Devraj and Ms Devonish.
- Mental Health Support Team-they can work 1:1 with parents; they deliver Parent Workshops and Support groups. They deliver the Brain Buddy training with pupils in school (class-based).

If you require any further information about what the school does to support children's mental health please talk to Ms Bolt or Ms Devonish.

Yours sincerely,

Ms Bolt

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