



'Working together to achieve our best.'

Rakegate Primary School

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Mental Health Awareness Week 2021

Dear Parents/ Carers,

Next week (10th – 16th May) is Mental Health Awareness Week 2021. Now more than ever, our Mental Health and Wellbeing is of high importance following National Lockdown.

The theme for this year's Mental Health Awareness Week is 'Connect with Nature'. Since we have come back to school, all children have been engaging in discussions to reflect on their own Mental Health and how things in our daily life can affect it.

Over the next few weeks, the children will participate in planned learning opportunities that incorporate planting and looking after various plants, including sunflowers. Sunflowers are a symbol of positivity, strength, happiness and loyalty. Children will be taught how to nurture the plants and reflect on the importance of connecting with nature.

We very much hope that the children enjoy engaging in discussions and the learning opportunities provided in order to support their Mental Health and Wellbeing. Have a go at planting at home too and let the conversation bloom! We would love to see your photos.

Yours Sincerely,

Mrs S L Horton
Head Teacher