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Headteacher: Mr Iain Witts



Dear Parents/Carers,

Next week sees 2 very important awareness events happening here at Kingsnorth CEP School. The School Council have been planning and sharing ideas as to how is best to gain greater awareness and knowledge about Children's Mental Health and Safer Internet Day for all of the children in our school. We are excited to share our plans with you and look forward to showing you some of the outcomes and learning that takes place for these extremely important days.

#### **Children's Mental Health Week 2022 - 'Growing together'**

School council are keen to support their peers and improve mental health of all. We discussed how some days we all feel low and that it is normal to feel a range of emotions, but we need to be sure we manage these appropriately and talk to others to ease our concerns.

- Launch assembly from Place2Be
- Daily welfare register - how do you feel today? - to be taken in class
- Dress down Friday - **11th February will be a non-uniform day**
- Off curriculum Friday - The children will have the afternoon to choose activities that will support their mental health. This could be sport, art, music or just talking with peers. All activities will be supported by staff.

#### **Safer Internet Day 2022 – Tuesday 8<sup>th</sup> February - 'All fun and games? Exploring respect and relationships online'**

The School Council spoke about how the Internet, and being online, can be hard and sometimes upsetting. We looked at the theme for this year and thought that it was really important to cover this in a fun way but so that the message was clear.

- Launch video explaining the purpose and idea behind 'Safer Internet Day' from the UK safer Internet centre
- Class chosen activities that explore how we can be safe when online and respectful when gaming. These could include designing an avatar, reviewing the safety of certain website/platforms, writing Twitter messages or designing items using software.
- Each class is to join with another class to play charades on a platform. This is to encourage the respect and fun aspect when playing against others.

For links to the websites for these awareness days and more information, please go to the School Council page on our website.

Should you have any questions or queries, please contact the school office.

Many thanks

Mrs Abbie Amos

Mr Leslie Taylor

School council representative