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9th February 2026

Children's Mental Health Week

Dear Parent/Carer,

I hope this reaches everyone well!

This week, Monday 9th February - Sunday 15th February is 'Children's Mental Health Week'. The theme this year is 'This is My Place' organised by Place2Be charity. The aim of this week is to encourage a sense of belonging - in friendships, school and in our communities. Feeling a sense of belonging helps us to feel connected to each other which in turn powers us to go into the world and create positive change.

The important message this week is to help each other out when we can and to find ways to take care of our minds. One simple but powerful way to connect with others and create a sense of belonging and support is through kindness.

Kindness is a very simple way to help everyone. Being kind to each other helps us feel connected and helps us to make new friendships and deepen existing ones. Choosing to approach our day with the mindset of empathy and kindness can change our lives and create a kinder world. Research has shown that kindness, that people who are kind have much lower stress levels and healthier hearts, makes kindness not only a nice thing to do but something that can help us to improve our own wellbeing while helping others at the same time. When better to start but this week 'Children's Mental Health Week.'

In our PSHE lessons this week we will focus our 'Connect us tasks' on the importance of kindness and how kindness can help us to connect with others. 'Small, friendly actions make big changes. If each of us does one kind thing, our classroom and playground will be a place where everyone feels they belong.'

For further information and free resources, you can visit:

<https://www.childrensmentalhealthweek.org.uk/>

Kind regards

Mrs K Kipling

Teacher of PSHE

