

Thursday 05th February 2026.

Dear Parents / Carers

Next week is **Children's Mental Health Week (9–15 February 2026)**. This year's theme, chosen by the national charity Place2Be, is **"This is my place."** The theme encourages children to think about the places where they feel they belong.

A sense of belonging is essential for children's wellbeing. When children feel accepted at home, in school, and in their communities, it helps them to:

- build confidence and self-esteem
- regulate their emotions
- feel safer and more connected
- develop resilience
- stay engaged in learning and relationships

Throughout the week, our school will be exploring the theme of belonging, using resources designed to help children reflect on the places and people that make them feel safe, valued and understood.

If you want to take part at home you can:

- Download the [Place2Be family pack](#)
- Encourage your child to [play the relaxing Lantern game on the Health for Kids website](#), where they can write down their thoughts and worries and watch them float away.
- Visit the [Health for Kids mental health hub – a collection of articles advice, guidance and signposting you can view as a family to support your child's mental health and wellbeing during Children's Mental Health Week and beyond.](#)

Support for parents and carers

As well as highlighting support for children during the week, the local NHS has also created a new web page to round up all the local support and some national websites available to help you in your role as a parent.

From where to go if you need to speak to a school nurse about behavioural difficulties or emotional health to free parenting courses from Togetherness, the webpage lays out lots of useful information. It even includes top tips pulled together by NHS health professionals and a section on where to find out more to look after your own health and wellbeing as a parent or carer.

Visit <https://lptnhs.com/SupportForParents> to find out more.

If you are worried about your child's mental health and wellbeing

If you are worried about your child's mental health or wellbeing, please reach out. Whether through school or other local services, support is available.

Kind regards

Mrs D Solla

Headteacher