



Queenswood Primary School

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Dear Parents

Mental Health Awareness Week

In school this week we are helping the children to know that it is okay not to be okay and that sometimes we all get overwhelming feelings. Each class will be exploring ways that we can help ourselves when these moments happen especially learning who we can talk to and how we can start a conversation. We are also exploring ways in which we can help our well-being like using mindfulness techniques.



Children's Mental Health Matters!

On **Friday 16th October** we are inviting everyone to wear their school uniform and something bright to raise awareness that everyone has mental health and that they are not alone if ever they are dealing with overwhelming feelings. This could be a bright hair band, a bright pair of socks or a bright scarf or hat. We hope that you will join us in raising awareness #itsokaynottobeokay



Harvest Festival: Bring a can to school week.

This year we are unable to hold our usual Harvest Festival at the church. However, we would still like to support the work of the places of worship in our community. All of the churches in the Ketley area are working together to make a map of the local area using donations of canned items of food.

Week beginning 19th October 2020 will be 'Bring a can to school week' and we would like every child to bring a can of food to school. We will collect these together and then donate them to Holy Trinity Church, Oakengates for them to distribute to their projects in the local community.

Kindest regards

Mr L Ferriday
Consultant Headteacher

Our School Values

Achievement Honesty Confidence Respect Happiness Responsibility Compassio