



Edgewood Primary School

Building skills and values for life

Headteacher: Mr Ed Seeley

www.edgewoodprimaryschool.co.uk

(0115) 956 1337

office@edgewood.notts.sch.uk



Friday, 29 January 2021

Next week is Children's Mental Health Week. All children will be taking part in a range of activities suitable for their age. The theme of this year's Children's Mental Health Week is 'Express Yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.



Thursday 4th February

We would like to invite all children, parents and staff, whether working from home or in school, to 'Dress to Express' how they are feeling, on this day. This could be as simple as wearing your favourite colour or outfit. The purpose of the day is to encourage an open discussion about feelings.

To support any discussions at home, this website, <https://www.childrensmentalhealthweek.org.uk/> has a section devoted to parents and carers where you can find useful resources and top tips on encouraging children to express their emotions. Furthermore, there is an 'Urgent Help' section with contact details for various services you can access if you or your child are experiencing emotional difficulties.

Following any discussion with you child, if you have any concerns or queries regarding their mental health, please contact their class teacher. I would also like to take this opportunity to remind you that Nottinghamshire has its own Parentline text messenger service. Please see the flyer overleaf.

Thank you in anticipation of your support.

Mr Ed Seeley



[http://twitter.com/primaryedgewood](https://twitter.com/primaryedgewood)

[http://facebook.com/primaryedgewood](https://facebook.com/primaryedgewood)

Christchurch Road, Hucknall, Nottinghamshire, NG15 6HX

Parentline

We now have a text messaging service for parents/carers of children aged 0-19.

Get confidential advice from our Healthy Family Teams on a range of issues.

Text Parentline:

07520 619919

- Feeding and Nutrition
- Child Development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family Health



We might inform you if we have concerns about your safety but we cannot usually send to you text. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We are in reply to you within one working day and you should get an immediate message back to confirm we have received your text. You will only be seen between 9am and 8.30pm. If you need help before you hear back then we cannot offer full medical advice in writing or over 111. Our text number does not receive voice calls or text's picture messages. We support messaging from 16 mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'business messaging' systems apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.