Dear parents and carers,

The 7th to 13th February is Children’s Mental Health Week.  The theme for this week is “Growing Together.”

Over the course of the week, the children will be participating in activities to explore what it means to ”Grow Together. ”

“Growing Together” is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit ‘stuck’.

On Friday 11th February, the week will culminate with pupils and staff being asked to help raise awareness by attending school DRESSED TO EXPRESS!  This could be through their favourite colours, hairstyle, favourite sports kit, fancy dress, party clothes … whatever your child wants to wear as an expression of themselves.

As you will be aware, the Wellbeing Team usually raises funds for charities such as Young Minds during any mental health awareness days/weeks. However, on this occasion, the Wellbeing Champions are asking for the usual donation of £1.00, to be donated to support the wellbeing and mental health of our own students here at Two Mile Ash School.

Our Reflection Garden sits on the top of the hill on the top playground and is used as a quiet space of reflection for our students. The pergola and trees were donated by a very generous grandparent.

In recent times, we have seen an increased need for wellbeing and emotional support for our students who are constantly experiencing change and emotional growth. This has become a topic of discussion in our Wellbeing Champion meetings and the students on the team have been working on ideas on how they can help improve wellbeing for all students at TMA. With that in mind, our Wellbeing Champion Playground support team have been receiving training to give peer support under the supervision of Mrs Phillips, our Children’s Wellbeing Coach.

The pergola in the Reflection Garden sits on the hill at the back of Mrs Phillips’ room, The Snug, on the top playground and it was always hoped that the pergola would become an extension to the support she provides for our children at school. With this in mind, the pergola would be the perfect venue for the Wellbeing Team to provide support to their peers, under the guidance of Mrs Phillips.

Discussions with the team have seen them come up with a wish list and ideas for external cushions; to enable the children to children a comfortable area in the Reflection Garden and time to switch off from the stresses they may be having, to experience the beauty of nature and be more fully present in the 'here and now', with scented plants and calming shapes and a small patio area.

If your child would like to join us for Dress to Express day on Friday, 11th February 2022 and donate £1.00, **all** funds raised will be going towards the further development of the Reflection Garden.

You can pay via Parent Pay: <https://www.parentpay.com/>

Please note that Parent Pay will take a maximum of 1.25% direct from your donation.