



Westcroft
Stanhope
Bishop Auckland
Co Durham
DL13 2NU

Head Teacher: Mrs D Cross

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Dear Parent/Carer

28th January 2021

Re: Children's Mental Health Week

This year Children's Mental Health Week is between Monday 1st February 2021 and Sunday 7th February 2021. As such our school are celebrating everyone's mental health on Friday 5th February 2021.

This is a great opportunity to raise awareness and also to give everyone a well-deserved day off! Therefore, your child's teacher will be putting together some ideas for lovely, relaxing and stress free activities you and your child can do at home on Friday if you would like to do so. There will be no scheduled lessons or activities on Seesaw and if you would rather do absolutely nothing then that is totally fine as you as parents, need a break too!

If you and your child do complete any of our suggested mindfulness activities, please just enjoy the experience and DO NOT send a comment or photo to our class teachers as they are also having a day off from the enormous number of posts they respond to via Seesaw every day.

School will be open as normal for those children who are already attending but they will also be off timetable and will be taking part in yoga, mindfulness and relaxation activities.

It is so important to enjoy the moment, take some time for ourselves and just be...

Yours sincerely

Mrs D Cross

Mrs D Cross
Head Teacher

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