

Cottingham Church of England Primary School

Headteacher: Mr Ashley Scott

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Dear Parents/Carers

Children's Mental Health Awareness Week

Evidence suggests that there are five steps, that you can take to help improve your mental health and wellbeing:

- Take Notice
- Connect
- Get Active
- Learn
- Give

Monday 5th February – Friday 9th February is Children's Mental Health Awareness Week. With this in mind a number of activities have been arranged to promote healthy bodies = healthy minds and by using the five steps listed above. During the week we will also be fundraising for The Air Ambulance – a truly worthwhile cause.

- Walk to School – to promote a healthy body, we will be walking to school on Monday 5th February. If you would like your child to take part, please meet Mrs Southcombe and other members of staff at the Spread Eagle, Cottingham @ 08.40hrs. We will then walk to school together. Photographs may be taken, please see permission slip below. **Children from the Magnificent Mind & Helping Hands Teams (MMT & HHT) to meet in school at 8.30am please.**
- Tuesday 6th February – there will be a Pre-loved Book Sale and Candy Floss Sale run by members of the MMT & HHT after school in the hall. Please donate any books to the school office before Friday 2nd February. Thank you
- Wednesday 7th February – whole school yoga – led by Mrs Southcombe.
- Friday 9th February – Crazy Hair & MUFTI Day. Children may come to school with 'Crazy Hair' or wear colours that make them feel happy in exchange for £1.00. KS2 children will also enjoy a Love2Lunch on Friday 9th February. Spending time with family and friends is important for mental health and wellbeing.

After lunch there will be 'Penalty Shoot-out' – KS2 parents are welcome to stay and try their luck!!! Mr Scott and Mr Stafford will be in goal..... if your child would like to take part an additional £1.00 is required!

In addition to all the above – you will have another opportunity to 'Name the Air Ambulance Bear' – names will be available to purchase each morning on the gate and at other times throughout the week. Please do support us in our fundraising. Cash would be the preferred choice, however, members of the PTFA will be available with SUM-UP Machines.

Representatives from The Air Ambulance will be in school on Friday 9th to support us and we may even get a visit from **BLADE** (the AA Mascot). I hope the children will enjoy the activities and in turn understand the meaning of mental health awareness and the importance of looking after themselves and others. **PLEASE SUPPORT US DURING THE WEEK AND GIVE GENEROUSLY TO THE AIR AMBULANCE.** Thank you

Yours sincerely,
Ashely Scott

CARE

BUILD

FOLLOW

THINK



NORTHAMPTON TOWN F.C.
COMMUNITY



WINNER

GOLD WINNER



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Children's Mental Health Awareness Week – Photograph Permission

I give permission for my child's photograph to be taken during Walk to School and other activities being held throughout the week and used on our school social media platforms.

Name of Child.....

Signed.....

Date.....

CARE

BUILD

FOLLOW

THINK



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