

CITY OF DERBY ACADEMY

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Wednesday 3rd February 2021

Dear Parents/Carers

Children's Mental Health Week

At CoDA we are extremely passionate about looking after the mental health and well-being of our students, and this week is no exception. We'll be celebrating Children's Mental Health Week all throughout this week, alongside other schools around the country. The theme for this week is "express yourself".

Over the week we will be sharing content and discussing how to support your mental health/well-being through expression. We will also be sharing general mental health advice from our well-being team and teachers from around the school. There is also a large amount of content that has been created by our partner agencies who specialise in mental health. Keep your eyes open for these across our social media! Your child will also have access to these in the Well-being Team (in Microsoft teams).

Across the week there may be questions/queries raised by your child and these can be shared on the Padlet site we have set up; <https://en-gb.padlet.com/mlowebird/dwzg9j88brbb86wn>

At the end of the week, we want to come together as a school and as a community. On Friday, the well-being team will be hosting a live event 9.00am-10.00am in place of their usual P1 Lesson, for all students in the school. They will need to attend their registration 8.50a.-9.00am and then log into the live event, it is compulsory for every student to attend. They will be able to join the event from their calendar, just like they would for their normal lessons. There will also be the link posted on social media Friday morning as well as being posted in the well-being Team (in Microsoft teams).

It is essential that in these difficult times that your child takes some time to look after their personal well-being. We ask that you encourage your child to engage with the activities throughout the week and to ensure that they attend the LIVE event on Friday.

Many thanks,

Mr M. Lowe-Bird

Science Teacher & Well-being Coordinator