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Dear Parents and Carers,

As part of our ongoing commitment to supporting the mental health and well-being of all students, we are excited to take part in Place to Be's Children's Mental Health week. The theme of the week: "**Know Yourself. Grow Yourself.**"

This theme is designed to help students better understand their emotions, strengths, and areas for growth, fostering a positive and supportive school environment. By focusing on self-awareness and personal development, we hope to empower students to build resilience, develop healthy coping strategies, and grow in confidence both inside and outside the classroom.

Throughout the week, we will be engaging in a variety of activities that help reinforce this theme. These include: Self-Reflection Journals, assembly and tutor time cultural capital session focussed on the theme of 'Know Yourself, Grow Yourself', register and read session based upon an extract from the book 'wonder' and students will participate in discussions and activities during their timetabled lessons that link to the 'Know yourself, grow yourself' theme.

As parents and guardians, you play an essential role in supporting your child's mental health and personal growth. Here are some simple ways you can reinforce the theme at home:

- **Encourage self-reflection:** Ask your child about their day, how they felt, and what they learned about themselves.
- **Praise effort, not just success:** Help your child see that making mistakes and facing challenges are part of the growth process.
- **Set goals together:** Help your child set realistic goals and celebrate their progress.

If you have concerns about your child, please do not hesitate to contact the safeguarding team safeguarding@hartschool.org.uk or encourage them to contact one of the organisations below or contact on their behalf:

- Samaritans (24/7): 116 123
- Childline (24/7): 0800 1111
- Young Minds - Shout (24/7 text messaging)
- Call HOPELINEUK on 0800 068 4141 • Text SHOUT to Shout's textline on 85258.
- Call the NHS on 111 and select option 2.

- Papyrus suicide prevention (9am – midnight) 0800 068 4141
- NSPCC (Mon – Fri 8am – 10pm; weekends 9am – 6pm): 0808 800 5000



Together, we can nurture our students' mental health, encourage self-awareness, and support them as they grow into confident, resilient individuals.

Yours sincerely,

Mrs H Goodall

Assistant Principal - Safeguarding