



Every second to be  
Valuable, Inspiring, Personalised



7<sup>th</sup> May 2021

Our ref: S/Past/142/KB

### **Re: Mental Health Awareness Week**

Both Ambergate and Sandon will be celebrating Mental Health Awareness Week next week with a range of activities in school following a different theme each day, as detailed below. There will also be some parent/carer resources and activity suggestions posted on our social media sites during week. The overall theme for Mental Health Awareness Week this year is getting out into nature and how nature can improve our mental wellbeing so please send us photos of any outdoor adventures you have at home. It will be non-uniform day on Friday the 14<sup>th</sup> May. There will be no donations required the children just need to wear something that makes them happy.

Maybe you could also try some activities at home:

**Mindfulness Monday:** What helps you to feel calm and focused at the moment?

**Activity suggestions:** Deep breathing, looking at the clouds and finding different shapes, blowing bubbles, yoga or taking a walk and focusing on all the sounds around you and how you feel.

**Talking Tuesday:** Let's get talking about our feelings.

**Activity suggestion:** Have a chat with someone about how you have been feeling and listen to how they have been feeling.

**Wellbeing Wednesday:** What makes you feel happy?

**Activity suggestions:** Do something you enjoy for half an hour, make a list of things you are grateful for, take ten minutes to focus on the positives from that day, get out for a walk, go for a picnic or walk in the grass with bare feet.

**Thoughtful Thursday:** Focusing on kindness

**Activity suggestions:** Send a thank you card to someone, make a kind thought card and give it to someone, help someone who needs it, rock painting with kind messages and leaving them for people to find or checking in with someone you have not spoken to in a while.

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***IF YOU REQUIRE ANY LETTERS TRANSLATING, PLEASE CONTACT THE SCHOOL***

Ambergate Sports College, Dysart Road, Grantham, NG31 7LP. Tel: 01476 564957

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**Fun Friday and a wonderful weekend!** Do something fun and that makes you happy.

**Activity suggestions:** Do something that you all enjoy as a family, wear something that makes you happy, dance around the house to your favourite song or get out into nature and have an adventure.

If you would like any further information or advice regarding Mental Health Awareness Week, please feel free to contact our pastoral team.

Yours sincerely

Safeguarding and Pastoral Team

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