

COCKBURN SCHOOL

Specialist status in the Performing Arts



Executive Headteacher Mr D Gurney BA (Hons) / NPQH / NLE

Head of School Mr R Dixon BSc (Hons) / NPQH

3rd February 2021

Dear Parent/Carer,

Re: Children's Mental Health Week

From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week (CMHW). One in six children and young people have a diagnosable mental health condition and many more struggle with challenges from bullying to bereavement. The safety and wellbeing of our students remains our top priority so this week Cockburn School will be getting involved and sharing lots of resources that will help promote this.

The theme of this year's CMHW is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, how you see the world, and doing things that can help you feel good about yourself.

On Friday 5th February students will watch an assembly on wellbeing and the importance of being able to express your thoughts and feelings. We will be providing lots of ideas about how students can do this and then encouraging them to spend some time doing it!

As parents and carers, you play an important role in your child's mental health. You will find lots of free resources by visiting the link below. We will also be sharing lots of information via our social media pages so please check these regularly for more information.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Finally, I would like to once again thank you for your ongoing support in ensuring students engage in online lessons and remain connected to our school community. Many of you are facilitating this amongst your other responsibilities and commitments, and we understand how difficult this must be. If you need support with your own mental health or wellbeing there are lots of resources available. Mind is a mental health charity that can provide support and guidance if you are struggling, and signpost other services should you need them.

<https://www.mind.org.uk/>

Yours sincerely,

Mr R Dixon
Head of School

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