



Monday 2nd November

Mental Health and Wellbeing Week
9th – 13th November

Dear Parents/Carers,

We are delighted to be celebrating mental health and wellbeing week as part of our ongoing commitment to promoting positive mental health at HJS.

During the week, we will be having a positive thinking workshop and a variety of lessons to support and encourage resilience and growth mindset.

Across the week, we will also take part in the BBC's Children in Need 'Five to Thrive' campaign. Five to Thrive is a programme of wellbeing activities inspired by the 5 ways to wellbeing, to help children feel happier and healthier. To find out more, have a look at the Children in Need website <https://www.bbcchildreninneed.co.uk/schools/primary-school/>

Friday is a great opportunity to get the whole of HJS involved in supporting such a great cause. We would like the children to come into school dressed in mufti with a spotty twist and in return we ask for a minimum donation of £2 per family. We have set up a JustGiving page for our school so you can make a donation directly. Please follow the link: <http://www.justgiving.com/owner-email/pleasesponsor/HamptonJuniorSchool> or scan the QR code to take you directly to the web page:



Thank you,

Miss Cooper

Mrs Aarons

Mrs Woolf

School Council and Wellbeing Champions