

# Marsworth CE Infant School



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**RESPECT, COURAGE, COMPASSION, CURIOSITY**

**'Teach children how they should live,  
and they will remember it all their lives.' Proverbs 22:6**

## **Show & Tell for Children's Mental Health Week – 3<sup>rd</sup> to 7<sup>th</sup> February 2020**

Dear Parents

As mental health and wellbeing plays an integral part of our school we are taking part in Children's Mental health week 2020 with Place2Be.

### **About Place2Be**

**Place2Be** is a children's mental health charity providing school-based support and in-depth training programmes to improve the emotional wellbeing of pupils, families, teachers and school staff.

**Place2Be** is delighted to share some ideas for getting involved in **Children's Mental Health Week**. During this special week, thousands of children in schools across the UK will be taking part in **Show & Tells** by bringing something into school around the theme of **bravery**.

This year we want children, young people and adults to share, learn and help each other to Find their Brave. We all take brave steps in our everyday lives and when we do, we feel more positive and confident. By taking part we can support each other's wellbeing while also raising money to ensure that every child can access the mental health support they need.

### **How your child can take part in the Show & Tell**

Bravery comes in all shapes and sizes and is different for everyone. We all have times when we need to Find our Brave. Your child should bring in something themed around bravery – an object, photo, picture or story about them doing something where they Found their Brave. Maybe they learnt a new skill, tried at something they find hard, asked for help or did something they were scared of. We would like the children to bring back the completed Find your Brave sheet attached to this letter along with their donation. The children will share their brave on Monday 3<sup>rd</sup> February 2020.

### **Your donation to charity Place2Be**

We are asking your child to complete the attached activity sheet to tell us about their **Show & Tell** and to take it into school with a suggested donation of **£1** for **Place2Be**.

### **How your money helps**

Every school day, hundreds of children and parents tell us about the difficult challenges they face, from bereavement to bullying, from difficulties at home to friendship issues in the classroom. It's only with the generosity of people like you that we can continue providing our vital services to children in schools.

£7 could give a child emotional support through the Place2Talk lunchtime service

£19 could give a child one-to-one support with a counsellor

£22 could pay for a session for a parent, helping them to better support their child.

Thank you for joining us in supporting Children's Mental Health.

Kind regards

Angela Polatci  
Headteacher



**Healthy School**