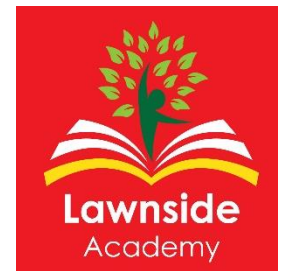


Lawnside Academy
Lawnside
Biggleswade
Bedfordshire
SG18 0LX

Website: www.lawnsideacademy.org.uk
Telephone: 01767 312313
E-mail: LSA-office@bestacademies.org.uk



Dear Parents/ Carers,

This week is 'Children's Mental Health Week'. It runs from the 3rd February to the 9th February. This year's theme is 'Know Yourself, Grow Yourself'. It is run by the children's mental health charity Place2Be and aims to highlight the importance of children's and young people's mental health.

It is so important we understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness. It is through knowing ourselves and speaking with others, that we can build resilience, grow and develop.

At school this week we will be exploring this in greater detail through our PSHE lessons and assemblies.

Below is a link to the website where there is some further information and suggested activities for families about this year's theme.

<https://www.childrensmentalhealthweek.org.uk/families/>

Yours faithfully

Mrs Z Russell
(PSHE Lead)

