

Grove Park Primary School – Mental Health and Charities Week 2021

Theme: Express Yourself

“Live Life as though nobody is watching and express yourself as through everyone is listening”

Mental Health and Charities Week

This year (more than ever) it has been important that we educate the children and encourage conversation about mental health. The Well-being of the pupils at Grove Park is incredibly important to us and the staff work hard every day to create an environment where every child feels safe and happy. During the week of Monday 26th April, Grove Park celebrated Mental Health and Charities Week.

Throughout the week, the children took part in a range of creative activities in which to share thoughts, ideas and feelings through art, music, writing, drama and much more. Each class made something mindful to take home, from mindfulness jars to book marks covered in positive quotes. Each child then brought in £1 to raise money for our chosen charity Place2be, which is the main charity raising awareness for children’s mental health, providing counselling, and support for schools across the UK. They believe that children should not have to face mental health problems alone and we agree!



Whole School Event-Guardian Angels

We love celebrating Mental Health Week and each year we have taken part, it has been bigger and better! Over the last few years each class have taken part in something called ‘Guardian Angels’ and this year was no different. The staff join in as well! Each child secretly picks out of a hat a child in their class that they have to be extra kind to throughout the week. This might just be making sure you say good morning to them, opening the door for them and checking they have someone to play with. As it is an extra special week, children can also leave a nice note for their chosen child to make them smile! There were lots of smiles! The staff also had a secret guardian angel in the school that they had to look out for!

Parents

While it was the children celebrating Mental Health Week, there has never been a more important time to ensure that we look out for the parents at Grove Park too. There were a few special messages dotted around the school as they all came to pick up their children. We do hope it put a smile on lots of faces!



Dress to Express Friday

In keeping with the theme of the week, children had the opportunity to dress up in colourful clothes, funky patterns and show off their wacky hairstyles. Upon entering the school gates in the morning, feel-good music played and children were able to start off their Friday morning as if they were on a Grove Park catwalk. We wish every day started like this! Check out just some of the amazing outfits:

