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BEAVER ROAD M20

Beaver Road Primary School
Beaver Road
Didsbury
Manchester
M20 6SX

Friday 25th January 2019

Dear Parents and Carers,

Article 24 of the children's convention states that every child has the right to the best possible health care, safe water to drink, nutritious food, a clean and safe environment and information to help you stay well. To help the children at Beaver Road realise this article, we are encouraging the children to look after their bodies and their minds.

February 4th- 8th is Children's Mental Health week and so during that week we will be doing a number of things to promote the children's awareness of mental health.

The children previously invited you to 'Dine with us', a chance to sample the delicious, healthy food served at Beaver Road. If you would like to join your child for a school lunch, the adult meal will be free. Even if your child does not normally have a school lunch, you are very welcome to have a meal on this day. If you wish to eat with us, please return the slip attached to this letter by February 1st, so that we can prepare the right amount of food. Times are approximate and will be confirmed nearer the time as we may need to extend lunchtime depending upon the take up.

We are also launching our Healthy Food and Drink Policy along with our Packed Lunch Policy for your guidance. These are available to download on our school website.

'Dine with us' will take place at the First School on Monday 4th and at the Junior school on Friday 8th. Before the children go to lunch on these days, parents and carers are also invited into their child's year group classrooms, the hour before they go to lunch, to join in some activities that we feel encourage positive mental health.

Joint artwork project – Turning plastic bags into useful baskets!

Over the next week, please send any plastic bags and thin cardboard you have at home into school to help us with this project.



Mrs Reeve, our art specialist teacher, is keen to get everyone making great art work at home together. Throughout the year, she will be sharing more ideas for art and craft projects you can try at home.



Yoga and mindfulness – The children have already had lots of practise at deep breathing, mindfulness activities and yoga, but we would like to show you how it's done in order that you can try it at home.

Reading together – There is strong evidence from The Reading Agency that reading for pleasure can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life. Therefore, we invite you to read with your children and others in the class.

On Tuesday 5th February it is also 'Safer Internet Day'. On that day, children will take part in activities which will help them understand the importance of keeping safe online.

Mrs Holmes will also be holding a workshop about internet safety on Thursday 7th February from 3.15 – 3.45pm at the Junior School. This is for parents and carers only. If you would like to attend, and if you need your child/ children supervising whilst you attend, please indicate on the slip below.

In the meantime, you might find the following link on internet safety useful.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Finally, Emma Pilling, 'Manchester Healthy Schools' Health Improvement Practitioner Specialist – Emotional Health and Resilience, will be delivering assemblies to all the children at Beaver Road on Friday 8th February. Following these assemblies, Emma will be available at the Juniors, from 11.00AM for a drop in session with light refreshments, where she will be on hand to offer advice in relation to mental health.

We hope you can attend!

Best wishes



Ruth Byrne
Deputy Head First School



Children's Mental Health Week

Child's name _____ **Class:** _____

Please tick which sitting you will be eating with your child. Times are approximate.

I will be attending the 'Dine with me' session at the **First School** on **Monday 4th Feb**

Nursery – 11.15

Reception – 11.30

Year 1 – 12.15

Year 2 – 12.30

Year 3 – 12.30

I will be attending the 'Dine with me' session at the **Junior School** on **Friday 8th Feb**

Year 4 – 11.45

Year 6 – 12.10

Year 5 – 12.35

I will be attending Mrs Holmes internet safety workshop on Thursday 7th Feb

I will need my child to be supervised at the Juniors whilst I attend.

I will need my child to be supervised at the First School whilst I attend.