

LEOPOLD PRIMARY SCHOOL

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Thursday 2nd February 2023

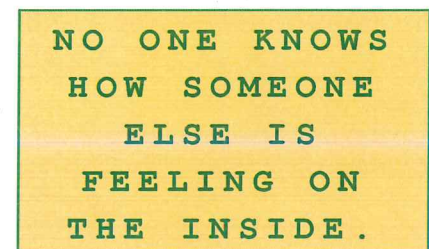
Dear Parents/carers,

Children's Mental Health Week will take place at Leopold from 6th February 2023 and this year the theme is "Be kind and connect!"

We will start the week with an "Inside-out Day" event on Monday 6th February. **Pupils and teachers will wear an item of clothing inside out. (for example a jumper)**

Inside Out Day is an awareness campaign that aims to enable young people to start talking about their mental health.

How someone looks on the outside doesn't necessarily reflect how they are truly feeling on the inside, so it is important to always be kind and think of others.



Throughout the week, children will take part RSE lessons which will include circle times, activities and lessons focused on how we care for our mental health.

We will have a special assembly to discuss what mental health is and why we hold the "inside out jumper event" in our school.

We would like to thank everyone for supporting this initiative.

Yours faithfully,

Mirela Vatra

RSE coordinator

Children's Mental Health Week at Leopold!

Mindful Colouring in Our Art Lessons



Mindful Colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment.

It is similar to meditation. We let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.



Did YOU KNOW?

Kindness causes elevated levels of dopamine in the brain, helping us feel happier.

#MentalHealthAwarenessWeek



PE Lessons -

Dance Movement Therapy

Dance Movement Therapy focuses on movement behaviour as it emerges in the therapeutic relationship allowing the child to develop a positive and realistic self-image.



Dance/movement therapy has always been effective in stimulating social interaction, enhancing mood, reducing anxiety, and increasing self-awareness and self-expression.



During our RSE lessons for the **Children's Mental Health Week** we will learn:

15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!



elsa support
www.elsa-support.co.uk



Animal Therapy

Focusing on mental health, animal therapy benefits may include social development, increased self-esteem, better social skills and increased empathy and nurturing skills.



All key stages will spend precious time nurturing and cuddling our gentle Leopold pets.

Connect and Be Kind

Leopold Kindness Challenge

Every child in the school will complete a kindness challenge. There will be kindness awards given out during our celebration assembly at the end of the week.

