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Dear Parent/Carer

National Children's Mental Health Week

This year, Children's Mental Health Week is being recognised Nationally between 4th -8th February 2019.

As you know, Oakwood tries to encourage positive mental health and resilience every day of the year but we will be joining in with this week and highlighting that both mental and physical health are as important as each other and that it is 'OK, not to be OK'.

As part of this, we would like to show each class the Disney Film 'Inside Out'. This is a 'U' rated film and is therefore suitable for across KS1 and KS2. The film is all about a young girl struggling with challenges in her life and is centred around characters portraying the emotions in her head (anger, joy, fear, disgust, sadness). The film is widely applauded by professionals at discussing emotions in a fun 'child-friendly' manner. Following the film, discussions will be had in classes on the importance of acknowledging our emotions and feelings and not being worried to ask for help.

Teachers will also be going through self-regulation strategies that can be used to help calm children down when they are feeling angry, worried or stressed. These will be posted on Facebook also, should you wish to access them at home.

If you have any questions about any of the above, please let the office know and I'll give you a call.

Yours faithfully

Mrs Wood
Engagement Lead and Mental Health Champion



Headteacher: Jane Foyle

