



UPLANDS MANOR PRIMARY SCHOOL

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Monday 29th January 2024

Dear Parents and Carers,

Children's Mental Health Week: 5th – 11th February 2024.

This year's theme is 'My Voice Matters'.

During children's mental health week, all year groups will be learning about their mental health and wellbeing.

In addition to their learning in school, we would like to challenge the children to create a mental health awareness poster for a school display. There are some ideas for inspiration on the back of this letter, but we are sure your child will have their own wonderful ideas. We will award a winning poster in each class with a special certificate. All children entering will earn a house point for their house.

Please complete entries on plain A4 or A3 paper, and return them to your child's teacher by Friday 11th February. Teachers can provide children with paper and resources to use if requested. Posters can also be created using computers and be printed out and returned to school. All entries should have your child's name and class on the back.

We look forward to seeing the amazing creations your children produce, and to celebrating this important week with them in school.

Yours faithfully

A Dickinson
Head Teacher

K Stevenson
PSHE Lead



It's a no brainer!

Your mind is your strongest asset, look after it!

- Talk about your feelings
- Do something creative
- Understand that all things come and go
- Do one thing at a time
- Do not stress
- Do not panic
- Do not worry
- Do not think too much
- Do not overthink
- Do not be afraid
- Do not be shy
- Do not be nervous
- Do not be sad
- Do not be angry
- Do not be jealous
- Do not be envious
- Do not be greedy
- Do not be vain
- Do not be proud
- Do not be arrogant
- Do not be conceited
- Do not be selfish
- Do not be dishonest
- Do not be unkind
- Do not be cruel
- Do not be harsh
- Do not be rude
- Do not be disrespectful
- Do not be disrespectful
- Do not be disrespectful

Let's talk about it!

IT'S OK TO FEEL

IRRITATED
FRUSTRATED
MIFFED
ANNOYED
IRKED
BOTHERED

Everyone feels like that sometimes
YOU are in control!
YOU can deal with this!
YOU are strong!

TALK to someone if you are struggling

My Feelings Matter

happy
sad
scared
mad
surprised
embarrassed
impatient
frustrated

How are you feeling today?

happy anxious sad angry excited calm

6 things you can do to help you feel good

- Talk to someone you trust about how you're feeling
- Go outside and get some fresh air
- Listen to your favourite music
- Keep active - run around or play games
- Eat lots of healthy food
- Have a good night's sleep

My Feelings Matter

happy
sad
scared
mad
surprised
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frustrated