



**Baildon Church of England Primary School
and Nursery**

Monday 18 May 2020

Dear Parent/Guardian,

RE: Mental Health Awareness Week

'Kindness' has been announced as the new theme for Mental Health Awareness Week, which will take place this week. The charity decided to change the theme to make it as relevant as possible to people being affected by Covid 19.

Mark Rowland, Chief Executive of the Mental Health Foundation, said: "Now more than ever, we need to re-discover kindness in our daily lives." As a school, we want to use Mental Health Awareness Week to celebrate the many of acts of kindness that are so important to our mental health. Kindness unlocks our shared humanity and is central for our mental health. One thing we have seen all over the world is that kindness is prevailing in uncertain times, helping people to connect and communities to cope with the impact of the Covid 19 pandemic. The research clearly supports this; it shows that acts of kindness can help improve emotional wellbeing. This is true whether we are giving or receiving it.

This week, I challenge our pupils to do something kind. This could be for a family member, a friend or a member of staff. If you have anything you would like to share, please send it to me on the VLE with a message acknowledging your parental consent for me to tweet the pictures. Alternatively, tweet it and tag the school @baildonce.

If you would like your son or daughter to take part in the challenge, please consider the government's latest guidance- Stay Alert. This means you must:

- Stay at home as much as possible.
- Work at home if possible.
- Limit contact with other people.
- Keep your distance if you go out (2 metres apart where possible).
- Wash your hands regularly.
- Do not leave home if you or anyone in your household has symptoms.

Yours sincerely,

Mr M Holmes
Deputy Headteacher