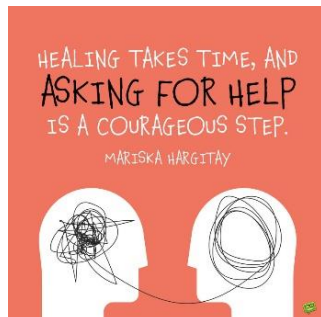


Mental Health Awareness Week 2019

Children have explored various aspects of mental health through picture books, Yoga, meditation, art, music, food craft, worry dolls, visualisation, gardening and even chocolate mindfulness!

“Our key messages have been that “It’s OK not to be OK” and we must look after ourselves and those around us “For Your Peace of Mind.”



Feedback from the children included “I enjoyed going on my journey to Epsom Downs, where there was a lot of grass and trees and went through a damp tree tunnel, which made me feel very happy.” (Visualisation workshop)

“The yoga was relaxing and made me feel calm. I will definitely do it again!”

“The meditation was calming because we had some time to think and relax.”

“While I was decorating my biscuit, the music helped to make me feel calm and it was very peaceful.”

Parents that attended workshops were extremely positive and some of the feedback from the workshops included:

“It was lovely to be able to listen and share experiences/thoughts about mental health.”

Also “The idea that we can help others, friends and family that are facing problems in this area.”

“Lovely session with lots of benefits.”

And lastly “A bit of relaxation goes a long way to help achieve more in sport, music and academic subjects.”

The badge sales went so well and we sold out completely, monies going to Place2Be charity, as well as donations made by parents at the free workshops. Place2Be is a children’s mental health charity that supports children’s emotional development and mental well-being by offering them a space where they can express their feelings through talking, creative work and play. If parents would like to donate throughout next week please send money into the school office in a marked envelope “Place2Be donation.”

If you have any feedback please send that through via email to the school office at office@stdunstans.sutton.sch.uk marked for my attention, Mrs Soma.

We shall be offering a variety of workshops throughout the year so please keep a look out for these. This is a key and vital aspect that we need to focus on all year, not just a week within the year.

I’d like to take this opportunity to thank you all for your support and generosity throughout this week and beyond.

“For Your Peace Of Mind” “My peace I give to you” John 14:27

Mrs D Soma, SENDCo

“MENTAL HEALTH... IS NOT A DESTINATION BUT A PROCESS. IT'S ABOUT HOW YOU DRIVE, NOT WHERE YOU'RE GOING.”
- NOAM SHPANCER