

St. Peter's Centre A Medical Short Stay School

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Headteacher: Mrs Yolande Mead
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An Update from Mrs Mead

Welcome to Children's Mental Health Week. This week, we have been promoting activities for self-care and care of others related to positive mental health. Well done to all students who have been trying some of the activities we have been sharing. We have shared some for parents/carers below.

With one week to go until half term, students have continued to work brilliantly online and in school and our attendance is 97%. I am so proud of all our young people and their huge efforts to engage. As you know, I am also proud of our families who are fundamental to our efforts.

Next week I will be sending out surveys to staff, students and parents to complete. These are short and will take a matter of minutes but they provide us important evidence of how we are doing and how we can improve. We look forward to you helping us and giving us your feedback.

Lastly, my message to all parents and carers is to make sure you engage in self-care as we plod through or even struggle through this lockdown. Perhaps you want to do some of the activities below or just take some time for things that you want to do this weekend. Like the cabin crew tell us on an aeroplane, we need to ensure our own oxygen masks are securely fastened before we secure those of others around us.

See you next week

Keeping Well

Children's Mental Health Week: Follow the link [here](#) as there is a really handy personalised Mind Plan. I found this invaluable as it prompted me to relax more. So I am going to take the advice and go for a walk this weekend with my dog!

We also heard in the news that we now have a new Mental Health Ambassador – **Dr Alex George** from Love Island fame. He has a very personal experience of family Mental Health so here is a Youtube link to him meeting Prime Minister Boris earlier this week. [Here](#)





Working together to nurture and challenge

