



## Our Lady of the Rosary Catholic Primary School

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Acting Executive Head Teacher: Mrs. M. Graham

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Dear Parents/Carers,



This week is 'Children's Mental Health Week' and the theme is 'Express Yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. The children will be directed toward activities throughout the week, but let us know if you and your child express yourselves in different activities.

It is important that we allow children to readily talk about how they are feeling; by talking openly about mental health from a young age, children can learn to better understand their emotions, break down stigma, and feel safe enough to reach out for help when it's needed. Talking about mental health and expressing our feelings can be difficult, no matter our age. During this lockdown, it's more important than ever to share how we're feeling with others and hopefully the children will keep the conversation going once schools return.



On Thursday 4<sup>th</sup> February, we would like the children to 'dress to express'. We would like to encourage the children to express themselves through their clothes, hair etc. while raising vital funds for mental health resources within our school. You will be able to donate via parentpay under 'Express yourself day'. There is no suggested amount as we appreciate anything that you can spare. We will let you know what we purchase.

Pupils are encouraged to wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions. The staff will give the children a chance to share their outfits in the live lessons.

### This week is also National Storytelling Week

Getting engrossed in a good book expands the imagination and stimulates learning, which can be great for pupils' mental health too. Try and share some stories with your children this week.



### **Food parcels**

We are providing food parcels to support families over the February half term holiday, as vouchers are not being provided. The food packs contain tinned food, bread, milk, mince, cheese, fresh vegetables and fresh fruit. Children who receive Free School Meals are entitled to a pack, however, we also want to support any families that need help. To ensure that we do not have any food wastage, you need to opt into this as we had a lot of families who didn't want a parcel when we made them at Christmas. Please let the office know via telephone or email at [olotr@durhamlearning.net](mailto:olotr@durhamlearning.net) We will let you know when the parcels are ready to collect prior to the holidays.

### **Celebrations**

During 'normal' time in school, teachers reward children with certificates to celebrate hard work or for an excellent piece of work. This will continue during lockdown. If children are in school, they will receive their certificate, otherwise it will be posted home. In addition the children's work will continue to be celebrated via Facebook every Friday.

### **OLOTR Walk the 3 Peaks Challenge!**

We are inviting you all to take part in 'The three peaks challenge'. This is where you walk 23 miles, hiking up the three highest mountains in the UK - Ben Nevis, Scafell Pike and Snowdon.

We want to see if you are up to that challenge. We know you will give it your best shot!

Happy Walking!



Yours sincerely,  
Mrs. M. Graham  
Acting Executive Head Teacher

Mrs. C. Sutherland  
Deputy Headteacher

## The Three Peaks challenge

Walk 23 miles to hike up the three highest mountains in the UK - Ben Nevis, Scafell Pike and Snowdon.



Name of pupil: \_\_\_\_\_

Year Group: \_\_\_\_\_

Class: \_\_\_\_\_

Are you up to the challenge? We know you will give it your best shot!

Date	Time Taken	Miles walked

Date	Time Taken	Miles walked

Let you teacher know on dojo when you have completed the challenge-take a picture of your chart! We would love to post on Facebook any pictures of you and your family taking part.

Happy Walking!

