

Mandeville Primary School

West Road, Sawbridgeworth, Hertfordshire, CM21 0BL
01279 723737 www.mandeville221.herts.sch.uk
admin@mandeville221.herts.sch.uk
office@mandeville221.herts.sch.uk



23rd January 2026

Dear Parents/Carers

It has been a busy start to the spring term at Mandeville and it has been wonderful to see pupils engaging so enthusiastically in their learning across the curriculum. For your information, I highlight the following:

Children's Mental Health Week: Children's Mental Health Week is an annual mental health awareness week launched by children's mental health charity, Place2Be. The organisation has provided counselling, mental health support and training in UK schools since 1994 and the week first launched back in 2015 with the aim of empowering, equipping and giving a voice to all children and young people in the UK. Place2Be believes that children should not have to face mental health problems alone.

This year, Children's Mental Health Week will take place from 9th-15th February. The official theme for the week is 'This is My Place'. We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impact in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

At Mandeville, we recognise that our mental health flourishes when we feel connected and valued. When children have a strong sense of belonging, they:

- Feel more confident to be themselves and try new things.
- Develop resilience to cope with challenges and setbacks.
- Build stronger relationships and communication skills.
- Experience less anxiety and loneliness.
- Have better self-esteem and understand their own worth.
- Feel motivated to contribute positively to their communities.

Therefore, in order to support our ongoing PSHE curriculum, pupils will be taking part in a special assembly and associated activities with the aim of supporting and strengthening their sense of belonging.

Please find attached a 'Families and Communities Pack', produced by Place2Be. It includes a number of ideas and suggestions. Further parenting advice from child mental health experts can be found by following this link:

<https://www.childrensmentalhealthweek.org.uk/families/>

Staff continue to monitor children's wellbeing on a daily basis and put in place any actions, as needed. During the week, pupils from Year 1 to Year 6 will complete a wellbeing activity. This will enable us to gain greater clarity through a snapshot of the strengths and challenges that our pupils are facing, which will be used to target support, as well as help us to evaluate the effectiveness of our interventions.

Attendance: We are aware that seasonal illness can impact pupils' attendance. Please see the following guidance to help manage seasonal illnesses and keep pupils and staff well.

- [Education Hub Blog](#): Reducing the spread of illness this winter: Seven steps to healthier schools and higher school attendance.
- [NHS Guidance for Parents](#): Is my child too ill for school? A useful resource to help parents decide when children should stay at home.

Early Years Coffee Morning: Thank you for attending this week's EYFS Coffee Morning. It is always wonderful to be able to welcome you into school to share strategies to support children's learning and development.

As always, if you have any questions or queries, please do not hesitate to contact the office.

Yours faithfully

Miss Kara Hales
Headteacher

