



This year's Feeling Good Week theme is **Regrown.**

Reuse. Ecosystem. Green. Recycle. Outdoors. Wildlife. Nature.

Friday 26th January 2024

FEELING GOOD WEEK – 5TH - 9TH FEBRUARY 2024

Dear parents / carers,

Feeling Good Week is an annual Hertfordshire-wide event that encourages the community to promote children and young people's emotional wellbeing by raising awareness of mental health, and showing where support can be accessed within the community.

The project will take place any time between **5th and 9th February 2024** with the aim of helping children and young people in Hertfordshire feel good through a special environmental project that boosts their emotional and mental wellbeing.

At St. Paul's Catholic School we want you to help make our children feel good by improving our outdoor area with a connection with nature to boost our pupil's emotional and mental wellbeing. Our Well-being Ambassadors have been working hard over the past few months thinking about how we can mark this project week. The team came up with the creative idea of a Well-being hut, outdoors for children to go to at playtimes when needed. The Well-being ambassadors have agreed to run a well-being / feel good activities which include games, art and craft and mindfulness activities.

Some further ways of feeling good would be helping children in understanding;

- How to look after their own wellbeing
- Coping with stress and anxiety
- Provide a space and time for a child to talk about their worries
- Supporting mental health in young people with neurodiversity
- Promote healthy eating
- Understand the benefits of physical activity
- Daily mindfulness sessions

Throughout the week some of the **emotional literacy** books we will be focusing on in school are listed below. Please share these also at home with your child/ren.

The Colour Monster by Anna Llenas



<https://www.youtube.com/watch?v=Ih0iu80u04Y>

'The day the crayons quit' - By Drew Daywalt

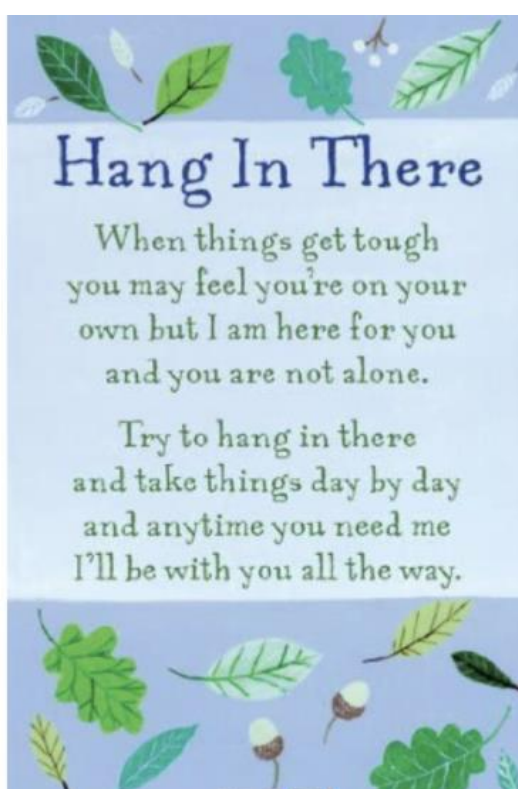


https://www.youtube.com/watch?v=ue-7K_K7V4A

'Ruby's Worry' – By Tom Percival



<https://www.youtube.com/watch?v=VCyiiHI2SJU>



To mark end the week on **Friday 9th February 2024** we would like to hold a **non-school uniform day** where children and staff can come to school in 'feel good' clothing such as lounge wear or tracksuits. With your voluntary £1 donation we hope to purchase more well-being equipment for children to use in the being hut and feeling good time at playtimes!

Finally, attached are some links for more useful information on mental health and wellbeing;

<https://herts-camhs.tfemagazine.co.uk/january-2024/news-information/hertfordshires-feeling-good-week-childrens-mental-health-week-5-9-february-2024>

<https://www.nhs.uk/every-mind-matters/>

<https://www.samaritans.org/>

<https://stpauls-herts.secure-dbprimary.com/herts/primary/stpauls/site/pages/importantdocuments/dsen/sendsupport>

I hope you find this information supportive and helpful. If you have any queries please just ask.

Thank you for your ongoing support. Let's all work on 'Feeling Good!'

Kind regards,
Netta Costanzo
Assistant Headteacher
SENDCo - Inclusion Lead