



Scammonden Road, Barkisland, Halifax, W. Yorkshire, HX4 0BD
 Email: admin@barkisland.calderdale.sch.uk
 Headteacher: Mrs B. Schofield (B.Ed (Hons)NPQH)

Tel: (01422) 823324
www.barkislandcofeschool.org.uk

30th January 2025

Dear Parents and Carers,

Children’s Mental Health Week : 3rd-7th February

We are delighted to be celebrating Children’s Mental Health Week this year and raising awareness of self-care and where to get help. We have some special collective worship sessions to support us in this:

Tuesday 11 th	Anxiety – Sarish from the Mental Health Support Team takes over collective worship with two age-differentiated sessions. She’ll then visit year 2 and year 4 to run workshops and fun activities.
Wednesday 12 th	Bag Full of Worries – Mrs Young will take over collective worship to explain how collecting and holding onto worries is unhelpful and that talking and sharing can really make a difference.
At Home	Please encourage your children to share what has happened during the day and how they’re feeling. Ensuring children feel able to talk can alleviate their worries straight away. Resources are created alongside the Inside Out 2 team and are available on https://www.childrensmentalhealthweek.org.uk/ . There will be lots of coverage on the news as well. Not all children have poor mental health, but all do have mental health and we need to nurture and care for it just as much as their physical health.

Keeping Safe Week : 10th-14th February

In PSHE lessons this half term, all year groups are exploring different aspects of keeping safe: safety in the home and outside, personal contact safety, medicines and drugs, and online safety (including media literacy). For the last week of half term, we will collectively focus on the following important topics:

Monday 10 th	Speak Out, Stay Safe - children will explore privacy, consent and when unwanted contact makes you feel uncomfortable, including the NSPCC Pants are Private initiative, in age- and maturity-appropriate ways.
Tuesday 11 th	Safer Internet Day – every year many schools, internet firms and the government make efforts to talk about internet safety. This year the theme is ‘Too Good to be True’ where we are looking at scams and trust in the online world.
Wednesday 12 th	Safety Out and About – safety on the roads is something every child needs to learn and we will take this opportunity to teach and remind children about the rules of road safety.
Thursday 13 th	Medicines and Drugs – Year 6 have West Yorkshire Trading Standards’ Illegal Tobacco Education Officer coming in to talk about vaping/smoking. Vaping amongst children and teenagers is becoming a major issue. All parents/carers are encouraged to read the attached ‘Vapes’ letter from West Yorkshire Police for more information. Other year groups will discuss good and bad drugs including how we use medicines safely.

Please visit our website and follow our social media to see what we’re up to and where we may share links to useful information supporting your children’s learning. You can see our full PSHE policy on our website www.barkislandcofeschool.org.uk or email the office with any questions.

Kind Regards,

Mrs Angela Bromley
 HLTA & PSHE Co-ordinator

*Working with the Diocese of Leeds and the Metropolitan Borough of Calderdale
 May he give you the desire of your heart and make all your plans succeed Psalm 20:4*

