

Berkeley Primary School

Headteacher: Anna Cvijetic BEd (Hons)
Deputy Headteacher: Wendy Howlett BA (Hons)

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Children's Mental Health Week

Know Yourself Grow Yourself



28th January 2026

Dear Parents and Carers,

Monday 9th Feb- Non-uniform day

To launch Children's mental health week, we are having a Non-uniform day on **Monday 9th February**. The theme is "This is my place". The idea is for children to explore belonging

WHY DOES BELONGING MATTER FOR MENTAL HEALTH?

Our mental health flourishes when we feel connected and valued. When children and young people 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.

Friday 13th Feb- Wear your scarf to school day

On **Friday 13th February** children can come to school wearing a scarf if they wish. (School uniform to be worn). This links in with SCARF mental health.

Children will also be taking part in various activities during the week.

Every Child • Every Chance • Every Day

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Mental wellbeing describes your mental state – how you are feeling and how well you can cope with day-to-day life. There are lots of things you can do to support your mental wellbeing such as being active, seeing family and friends or challenging yourself to try something new.

At Berkeley Primary we aim to promote positive mental health for every child, parent/carer and staff member. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at identified vulnerable children and families.

We are working collaboratively with 'With Me in Mind', who last year supported Year 6 children with workshops regarding worries around SATs. This will happen again this year. They will also be supporting the year 6 children with a transition workshop. With Me in Mind Workshops are now delivered to all year groups, supporting children with their mental health.

Useful Websites to support mental wellbeing:

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

<https://www.youngminds.org.uk/>

Best wishes

Faye Marshall & Teresa Suddaby  
PSHE Lead      SENDCO & Mental Wellbeing Lead

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