



@OPA_KHG



OPAK

5th February 2021

Newsletter from our Mental Health and Wellbeing Champions

As Mental Health and Wellbeing Champions we have been extremely busy this week as it has been Children's Mental Health Week! We have been setting daily challenges for everyone to take part in and have also filmed an assembly sharing our favourite Happy Facts and compliments from the week.



"I EXPRESS MYSELF THROUGH..."

The theme of this year's Children's Mental Health Week has been 'Express Yourself' and lots of us have taken on the challenge of expressing ourselves through different ways such as Art, Drama, Music and Sport. We even had a themed day of 'Crazy Hat and Sunglasses' where the children and teachers had the chance to express themselves! Take a look at our school Twitter account to see some photos.



#ChildrensMentalHealthWeek

#MentalHealthMatters

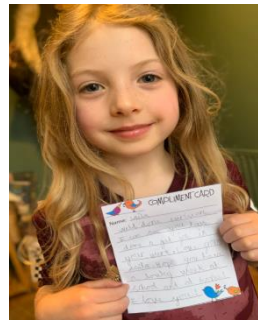


We have been extremely proactive this week in promoting Children's Mental Health Week and have thoroughly enjoyed setting challenges for the rest of the school to participate in.

Just so you know, our names are:

- Y1 – Lilly and Jack
- Y2 – Evie and Raphael
- Y3 – Opal and Heidi
- Y4 – Lily and Niamh
- Y5 – Ava and Imogen
- Y6 – Betty and Libby

As Mental Health and Wellbeing Champions we held a Google Meet with Miss Wood to discuss how to include a compliments challenge into Children's Mental Health Week –we felt that compliments would 'be able to brighten someone's day'. We feel proud of the job we have done of promoting kindness around the academy and wanted to share some examples of compliments that have given out this week...



I told both of my cats that they were beautiful.

– Imogen

I told my brother that I liked his new jumper. It made him happy.

– Opal

I told my Dad he was very good at washing the dishes!

– Ava

I told my Mum that she looked really nice.

– Betty

I told my Mum she had a very nice hair clip that she was wearing.

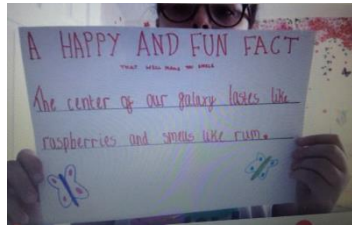
– Evie

I told my dog Bonnie that she has really pretty brown fur.

– Heidi



In our assembly on Thursday, we shared our favourite 'Happy Facts' and shared them in a virtual assembly as we wanted to spread the joy that a happy fact can bring throughout the school. Here are some of our favourite Happy Facts...



Sea otters hold hands when they sleep to stop them from drifting apart.

– Imogen

Christmas trees grow and live up to 15 years before they are sold.

– Niamh

Chimpanzees only give help to others chimps that they know.

– Opal

Dolphins can protect people from sharks.

– Libby

Cows have best friends.

– Betty

Cats hate snow.

– Lily J

Kangaroos can't walk backwards.

– Raphael

Penguins propose to each other using a pebble and stay together forever.

– Heidi



We also wanted to share some examples of ways in which you can express yourself with it being the key theme for this year's Children's Mental Health Week! Here are some ideas which you can do to express yourself. If you would like to share any pictures of you doing any of these, please post a picture to Twitter!



There is lots of useful information on our Outwood Primary Academy Kirkhamgate website including a green 'Mental Wellbeing' button which will direct you to the Outwood Trust Mental Wellbeing Strategy and the Outwood Mental Wellbeing Website.

 Mental Wellbeing

<https://www.kirkhamgate.outwood.com/mental-wellbeing>