



Children's Mental Health Week 2026



**Silsden Primary
School**

10th February 2026

Dear Parents and Carers,

This week is Children's Mental Health Week 2026, and the theme is "This is My Place" focusing on fostering a sense of belonging for children in their schools, communities, and families. We will be taking time to celebrate the importance of positive mental health and emotional wellbeing for all our children and participating in a national assembly on Wednesday morning.

At our school, supporting children's mental health is a priority every day, not just this week. We know that when children feel safe, understood, and supported, they are better able to learn, build relationships, and thrive.

Here are some of the ways we support children's mental health and wellbeing in school:

Emotional check-in areas in classrooms

These provide children with a safe and calm space to reflect on how they are feeling and to let adults know if they need support.

My Happy Minds programme

This whole-school programme helps children develop positive habits, resilience, confidence, and an understanding of their own emotions.

Our Silsden 7 and Personal Development Curriculum

The Silsden 7 are designed to help develop and promote positive attitudes and behaviours such as resilience, communication, challenge and enjoyment that encourage and foster good mental health of our pupils. As a school we have our house and class systems which help children to gain a further positive sense of belonging.

Specialist support

We are fortunate to have access to more specialist therapy for some children through our play therapist, Mrs Sealey, who works with children individually or in small groups when additional support is needed. We also have Fergus the school dog who supports children with their wellbeing

We know that children benefit most when school and home work together. Parents and carers can also support their child's mental wellbeing by accessing the My Happy Minds app at home. The app includes activities, videos, and guidance to help families continue the learning and conversations beyond the classroom.

Thank you, as always, for your continued support in helping us nurture happy, healthy children. If you have any questions or would like further information about mental health support in school, please do not hesitate to get in touch.

Please scan the QR code to access My Happy Minds at home

Yours faithfully,

K.S.Russell
Headteacher

