# BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

**Head of School: Mrs A Petrie**

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6th February 2026

Dear Parents and Carers,

**CHILDREN'S MENTAL HEALTH WEEK**
**9TH – 15TH FEBRUARY 2026**

We are delighted to share that next week we will be celebrating Children's Mental Health Week. This year's theme is 'This is my place'.

Throughout the week, we will be spending time talking about how we feel and how we can look after our minds, just as we look after our bodies. We will be encouraging the children to understand their feelings, develop positive mental health habits, and know that it is always okay to talk about how they are feeling.

We hope these activities will help reinforce the importance of looking after our mental health and provide the children with strategies they can continue to use beyond the week.

Thank you for your continued support. If you have any questions, please do not hesitate to contact the school.

Yours sincerely,

Mrs Leafe, Mrs Farrar and Mrs Croom
Mental Health & Wellbeing Team