



1st February 2021



**Children's Mental Health Week
Express Yourself**

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Each day this week there will be wellbeing tasks as part of your learning.

Look after yourself, look after each other!!

Please see attached leaflets with tips to support wellbeing and positive mental health at home.

Twitter and Facebook

We are delighted to share with you that school now has a Twitter and Facebook account. Please follow Girnhill Infant School on:-

Twitter—@girnhill Infants

Facebook— Girnhill Infants Featherstone

Our twitter account will be used to promote and share all the wonderful learning that is happening. This is an open account therefore posts will be seen by anyone on twitter.

Facebook will be used to keep everyone informed of news and events at Girnhill Infant school.

All parents will receive an email with a form to complete asking for permission to use photos of children on our twitter account. Please ensure that this form is completed and returned by Wednesday 3rd February.

Lateral Flow testing

As you may already be aware the government are providing all primary schools with rapid Covid testing kits for all school staff.

"Testing is important because staff could be carrying the virus without knowing it and may spread it to others. Testing all staff without symptoms will support schools and nurseries to continue to operate."

As from Monday 1st February these tests will be carried out twice a week by all staff in school.