

CHOLSEY

Newsletter
February 6th

PRE-SCHOOL



Children's Mental Health Week

9 years ago Place2Be launched their first Children's Mental Health Week.

This year the theme is 'Let's Connect'

Taken from Place2Be:

'Let's connect is about making meaningful connections **for all**, during Children's Mental Health Week and beyond. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely - which can have a negative impact on our mental health.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy rewarding and meaningful ways.'

Throughout the week we will be doing activities in Pre-School to gain the skills they will need to help with the children's mental health.

The Princess of Wales has also launched a new campaign called 'Shaping Us' which is a campaign to raise awareness of the unique importance of early childhood.

"Shaping Us" is a major new awareness-raising campaign from The Royal Foundation Centre for Early Childhood, which aims to increase public understanding of the crucial importance of the first five years of life

This is something we obviously know already and have been doing our best to pass this onto all our families, however it is fantastic to have this campaign highlighting the importance of these early years.

The campaign launches as the Centre for Early Childhood released new data on public understanding of child development which shows around 1 in 3 (36%) of adults report knowing just a little or nothing about how children develop in their early childhood.

This short animated film shows Layla from pregnancy to 5 years and how she is shaped by her interactions with people and the environment around her.

https://www.youtube.com/watch?v=3Y_5N1bDWB4

Dates for your Diary (please check Newsletters and online Notice Board for updates)

February 13th – 17th Half Term, **Pre-School Starts** Monday 20th of February.

March 31st End of term Pre-School closes at 12.30pm, Easter Holidays start

April 17th Term 5 starts