

Dear families, friends and visitors to our Windhill Primary School Social Media platforms,

On behalf of the Governing Body at Windhill Primary School, may I extend my best wishes to you all for a Happy and Hopeful New Year.

As I write, I am so aware that for many, many people across our world, there is extreme anxiety and sadness. Our thoughts are with any who are affected by any such heart-breaking issues.

As we look in to the coming year, one of the special "awareness" weeks that schools will be focussing upon is **Children's Mental Health Week**.



Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is '**My Voice Matters**'.

On the "Children's Mental Health Week" website, it says:

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters."

It is always a pleasure to visit the children at Windhill. Pupils across the school are often confident to talk about their learning and to share their opinions and their feelings. They do this with enthusiasm and respect. Where children benefit from additional and adapted support, staff are trained to support children in nurturing and caring ways.



We look forward to this new year where the school community - pupils, staff, families and friends of the school - work together to support each other's mental health and wellbeing as we journey through 2024, one day at a time.

My very best wishes to all,

Mrs Lynn Mathers (Chair of Governors)