



HOLMLEIGH PRIMARY SCHOOL
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Monday 7th February 2022

Growing together: Children's Mental Health Week 2022

The theme for this year's Children's Mental Health Week is '**growing together**'. During the week, we will be exploring the concept of growing emotionally and thinking about ways to help each other grow.

We will have a whole school assembly on Monday and focus on pupils' wellbeing, confidence and self-esteem throughout the week.

learn

understand

ask

kindness

listen

talk

challenge

share

help

new

experience