



Fair Field Junior School

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Assistant Head of School: Mrs O'Sullivan

Assistant Head of School: Mrs Parmar

Wednesday 4th February 2026

Children's Mental Health Week

Dear Parents and Carers,

To mark Children's Mental Health Week, we would like to support the children in focusing on things that make them happy and also make them aware of the people they can share their worries with. As part of our theme for this year, "This Is My Place," we are celebrating what makes each child feel happy, safe, and special.

Throughout the week, we would love the children to bring in or wear items that help them express who they are and what matters to them.

- **Monday 9th February** – Please wear a scarf to school. This represents something that helps you feel warm, comfortable, and at home in your place.
- **Tuesday 10th February** – Safer Internet Day – Please bring in a small non-electronic game you enjoy playing at home with your family (e.g. Uno, Dobble, playing cards). This shows how we connect with others in our place.
- **Wednesday 11th February** – Please bring in a small teddy bear that makes you feel happy and safe in your place.
- **Thursday 12th February** – Please bring in a special photo of someone or something that makes you feel good and reminds you of your place.
- **Friday 13th February** – Please wear your own clothes, choosing something that makes you feel great and really represents your personality and your place in the world.

Please ensure that if your child brings in anything that is sentimental or of value that it is handed to the teacher at the beginning of the day. The aim for each day, is to allow children to show and tell what they have brought in with their friends which will take place at the end of each day instead of our usual assemblies.

Hertfordshire Community NHS Trust have provided us with the following website for families to access some fantastic resources. www.healthforkids.co.uk

If you have any questions, please see a member of staff.

Kind regards

Diane O'Sullivan
Assistant Head of School

