



It is our role to help unlock children's minds to recognise the skills they have, when facing unprecedented times. .

Wednesday 16th September 2020

Dear Families,

As part of our ongoing focus on the development of positive mental health, we are pleased to announce that on **Wednesday 23rd September 2020** we will be delivering a special Federated themed day '**Somewhere Over the Rainbow**' focusing on community recovery and helping us to bring our school back together following the challenges of the last few months.

Over the course of the day children will be immersed in learning activities which are centred around four key themes that we believe underpin both self-motivation and emotional wellbeing. These include:

- **Self-efficacy (self-belief):**

We feel that it is important for children to feel that what they say and do matters and their actions, however small, can make a difference to either their own wellbeing or to that of others. Children need to know that they have strengths and that they can draw on these in times of challenge.

- **Hope:**

Hope helps to create a personal rainbow of the mind and positively correlates to both wellbeing and children's ability to cope in the face of adversity. This can often be lost in times of uncertainty and is a lifelong skill that children can draw in during times of adjustment.

- **Gratitude (thankfulness):**

Taking the time to reflect on things that we are thankful for is fundamental in supporting our wellbeing. It is also the 'glue' for supporting connectedness and bringing communities closer during challenging times.

- **Connectedness**

For many of our children it has been a long time since they were last apart of the school community and amongst their friends. Although many children may have reconnected with their friends digitally, nothing compares to the emotions that physical contact evokes. It is important to us that children feel reconnected within their class, year group and whole school community and that they are aware of the different support networks available to them, if they are finding it hard to adjust back into these social circles.

The day has been carefully structured to ensure that children are exposed to language, reflection and discussion opportunities that are both progressive and appropriate to their age and needs.

With the rainbow being used as a symbol of hope in many households during the coronavirus pandemic, we would appreciate your support in ensuring that your child comes to school **wearing the colours of the rainbow** on **Wednesday 23rd September 2020**. This could be through wearing multi-coloured socks, hair accessories, a mix and match t shirt, dress, jumper or trousers. We hope that you are as excited about this event as we are.

As a school, we are dedicated to supporting the emotional wellbeing, resilience and recovery of our school community and we appreciate that this is the start of our journey.

Don't forget to look out for pictures of this day on our website.

Thank you very much,

Mrs Bull

Chief Executive Headteacher