

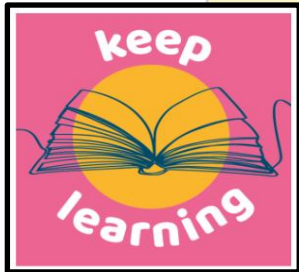


## Children's Mental Week- 3<sup>rd</sup>-9<sup>th</sup> February 2025

We explored the importance of self-awareness and expressing emotions this week. As a school we focussed on how we can use the 5 ways to well-being to look after our mental health. We discussed different ways to recognise and express our own emotions.



Getting out and about, connecting with friends and being active in lessons.



Keep learning- Year 3 are loving learning a new language. We can speak Spanish.



Connecting with friends and playing games.



**Achieve, Believe & Celebrate**  
"I will be the best that I can be"