



Friday 13th November 2020

Dear Parents and Carers,

### **Just Talk Week – Monday 16<sup>th</sup> – Sunday 22<sup>nd</sup> November 2020**

After a difficult year, Hertfordshire's 'Just Talk' mental health campaign is hoping to help more young people than ever look after their mental health. Just Talk is a positive mental health campaign, developed by a network of more than 30 agencies, and steered by Hertfordshire's young people. **We all have mental health, just like we all have physical health.** COVID-19 may have triggered new feelings of anxiety and uncertainty which your child might not have experienced before. It's therefore more important than ever that every person knows how to look after their mental health and wellbeing - and how to seek help if they need it. Whatever their age, talking about the things we can do each day to support us in feeling good is really important.

### **What will we do in school?**

Supporting the development of positive wellbeing and mental health at all times is a really important aspect of our PSHE curriculum and our ethos at Camp Primary and Nursery School. Next week, as part of Just Talk Week children in key stage 2 will watch a short film about the 'Just Talk' campaign, which features young people from Hertfordshire talking about the ways that they support their own wellbeing and mental health. Children in Key stages 1 and 2 will also spend some time in school starting to explore the new **Five Ways to Wellbeing E-learning website**. This brand new, interactive website enables children and young people to reflect on what strategies work well for them to look after their wellbeing, as well as learning new techniques. To view this resource at home please follow this link <https://www.justtalkherts.org/e-learning/five-ways-children/index.html>. Children in Nursery and Reception will also explore these topics in a fun, age appropriate way in their classes.

### **What can you do at home?**

This year's campaign week is virtual, so you and/or your children will be able to access a range of resources and hear useful tips on social media. You could also follow JustTalk on Instagram and Twitter at @JustTalkHerts and Facebook at JustTalkHerts to stay up to date.

You will also find lots of FREE to access information on website [www.justtalkherts.org](http://www.justtalkherts.org), including:

- Short films and activities
- Tools and resources for handling difficult times and emotions
- Information about support services and how to access them
- Parents 'Top Tips' leaflet on how to talk to your child about their mental health and wellbeing.
- A series of 'webinars' to support parents on a range of topics including 'Anxiety and developing resilience' and 'Managing Separation Anxiety'.

We are in the process of setting up an area of the school website which will contain resources specifically relating to wellbeing and mental health. One example of a resource which you may find helpful is attached with this letter.

Young people in Hertfordshire have told us that there are some key points they need to be continually reminded of in order to feel safe and comfortable talking about their mental health. Please do help us spread these important messages to your children:

**Talking shows strength not weakness**

**We all have mental health, just like physical health**

**There is support and information available and it can really help**

**You're more likely to get better if you seek help early**

Yours Sincerely,

Alison Rapson  
Mental Health Leader and PSHE Subject Leader