

Runnymede St Edward's Catholic Primary School

Inspire, challenge and support through faith

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6th February 2026

Dear Parents and Carers,

Next week we will be marking Children's Mental Health Week 2026, which focuses on the theme "Place to Be". This theme encourages children to think about where they feel safe, happy and supported, and how a sense of belonging helps us to look after our mental wellbeing.

To celebrate this, KS1 will be taking part in a special Mental Health Day on Thursday 12th February, with a focus on belonging within our school community and the friendships we share.

Throughout the day, the children will take part in a range of calm, mindful and creative activities designed to help them relax, reflect and feel positive about themselves and others.

On this day:

- Children may come to school wearing their PE kit and trainers
- Children may also bring a small soft, plush toy to take part in a mindfulness activity called Breathing Buddies

We hope this will be a fun, supportive and meaningful day for the children, helping them to feel comfortable, valued and confident in their "place to be" at school.

Thank you for your continued support.

Kind regards,

Miss K. Whelan

