



Next week is Children's Mental Health Week and the theme for this year is 'Express Yourself' with a focus on finding ways to share feelings, thoughts or ideas through creativity. It is important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are and how you see the world, in a way that may help you to feel good about yourself.

For Children's Mental Health Week 2021, we will be encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, thoughts and ideas. Feel free to share some of your own ideas on Twitter using #ChildrensMentalHealthWeek and #CHPSpshe

These are, undoubtedly, difficult times for us all on a number of levels. With this in mind we would also like to signpost a selection of potentially useful avenues of support, should you need them:

- [Health and wellbeing - Stockport Council](#) - An area of the Stockport Council website with many links to support that is available through our Local Authority
- [Stockport Mind, the Mental Health Charity](#) - An independent adult mental health charity that offers friendly, accessible support and information to promote well-being in the community
- [Chelwood Foodbank](#) / [Stockport Foodbank](#) - local foodbanks for families in need, or for any who would like to donate or support

Mrs Drake

Head of School

Mr Thompson

Deputy Head of School

Reading

We obviously want the children to continue reading as much as possible at the moment, but unfortunately we are not in a position to be changing reading books ourselves for children at home. [A number of independent bookshops are still taking orders](#) (and delivering), and audiobooks are also a great way to expose your children to stories.

In addition to this, a number of free online sources are available:

- [Borrow Box](#) (Stockport online library)
- [Oak National Virtual School Library](#)
- [Oxford Owl eBook Library](#)
- [The Book Trust free interactive stories](#)

Critical Worker & Vulnerable Children Provision

The Government have reinstated the delivery of fruit to primary schools and as such you will no longer need to send your child to school with a single piece of fruit as this will now be provided for them.

Pupil Funding

If your financial circumstances have changed recently, your child may be eligible for Pupil Premium funding. Whilst much of this funding will go towards improving their provision at school, it will also mean that you will be eligible for a weekly shopping voucher worth £15 whilst schools are closed. This is valid at major supermarkets such as M&S, Waitrose, Tesco and Sainsbury's. Click [this link](#) to find out more and to apply.

Holiday Club

In line with government guidance, our February Half Term Holiday Club can only be offered to those pupils that have been attending our in school Critical Worker and Vulnerable Pupil provision. If this applies to you and you are interested in a place, then please complete a booking form by Friday 5th February to register your interest. Please send this to kidsclub@cheadlehulmeprimary.org.uk once completed. We look forward to opening Holiday Club to all pupils as soon as we are permitted to do so.