



Wednesday 28<sup>th</sup> January 2026

Dear Parents and Carers,

### Children's Mental Health Week 2026

This year we will be participating in the Children's Mental Health Week which will take place from **Monday 9<sup>th</sup> February to Friday 13<sup>th</sup> February**. The theme for 2026 is ***'This is my Place.'*** To know our place and really feel part of our environment is a basic human need. It can have a powerful and long-lasting impact in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

At Park Hill Infant School, we believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Wellbeing plays a key role in our school ethos, and shapes our policies and procedures implicitly and explicitly. We strive to improve the wellbeing of our students and staff in everything we do, seeking to build resilience, identify and monitor concerns, and support students and families who face challenges.

We have several activities and events planned throughout the week for the children to take part in and we are also inviting parents to a workshop on; **'Supporting your Children's Mental Health' on Monday 9<sup>th</sup> February at 2:30pm**. You do not need to inform the school if you want to attend the workshop.

To help raise money for Children's Mental Health, we ask your child to come into school on **Wednesday 11<sup>th</sup> February** dressed in their own clothes with the theme of ***'Wear it Bright'***, to support Place2Be. **On this day, children can use clothing and colour to dress as brightly as they wish.**

We ask for a voluntary donation of £1 to be made via ParentPay (please do not send in cash donations). If you would like to donate more than this amount, please adjust accordingly within ParentPay.

We hope you will support us in encouraging our children to keep their minds healthy and raising awareness about mental health. We encourage you to look after your own mental health; if you should need any support, we have listed some useful websites and contacts overleaf. If you need confidential support, please contact the Headship Team via [enquiries@parkhill-inf.croydon.sch.uk](mailto:enquiries@parkhill-inf.croydon.sch.uk) using the subject line 'FAO Headship Team – Confidential.'

As part of Children's Mental Health Week, we encourage as many children as possible to take part in a special home learning art project created by the Children's Mental Health charity 'Place 2Be' called ***"This Is My Place."*** This project encourages children to think about places where they feel safe, calm, or happy, and to express these feelings through art. By exploring what makes them feel secure and supported, children can reflect on their emotions, build self-awareness, and develop positive ways to talk about their wellbeing in a creative and age-appropriate way. Reception children can upload their finished project via **Evidence Me** and children in Year 1 and 2 can hand their art project to their class teacher before **Thursday 12<sup>th</sup> February** to share their work during a Class circle time lesson.

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - ***"This is my Place"***.

Yours sincerely,

Miss Hulet  
AHT/ Inclusion Leader

Mrs Taylor-Robinson  
PSHE Lead



## Child Wellbeing and Mental Health

### Useful Contacts

#### **Park Hill Infant School Headship Team**

E: [enquiries@parkhill-inf.croydon.sch.uk](mailto:enquiries@parkhill-inf.croydon.sch.uk) (Please use the subject line 'FAO Headship Team – Confidential.')

T: 020 8680 0747

**School Counsellor** – Miss Daisy

**Nurture & Support Mentor** – Miss Paula

E: [enquiries@parkhill-inf.croydon.sch.uk](mailto:enquiries@parkhill-inf.croydon.sch.uk)

Our experienced team are here to support you and your child.

Please contact us as soon as possible if you need support.

-----

**Park Hill Infant School Twitter** – updated regularly with Mental Health Support Ideas

W: <https://twitter.com/ParkHillInfants>

**Young Minds** – children's mental health charity

W: [www.youngminds.org.uk](http://www.youngminds.org.uk)

**NHS: Every Mind Matters**

W: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

**NSPCC:**

W: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

**Mind:**

W: [www.mind.org.uk](http://www.mind.org.uk)

**Minded**

W: [www.minded.org.uk](http://www.minded.org.uk)