



Atlantic Academy Portland

an Aspirations Academy

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Dear Parent / Carer

Children's Wellbeing, Mental Health and e-Safety week 6th- 12th February

This year's Children's Mental Health week is taking place on 6-12th February. The theme for this year is Let's Connect, with many agencies encouraging children and adults to consider how we can make meaningful connections that support our mental health. People thrive in communities, and this connection is vital for wellbeing.

[Place2be \(child mental health experts\)](#) have launched a parent specific page on their website with some fantastic short videos/ reads to support our communities. With over 40 topics related to everyday situations. We will be using resources through the morning tutorial programme to support in building connections.

Alongside Mental Health Week, we will be taking part in UK Safer Internet Day 2023 on Tuesday 7th February. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote in school, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We would be delighted if you could support us by continuing the conversations we are having at school, at home. To help you with this you may be interested in a range of Safer Internet Day resources for parents which is available here: saferinternet.org.uk/sid-parents.

Please remember to also visit our [website](#) where you can find links and further online safety information and support.

We look forward to sharing the activities we are taking part in throughout the week and thank you for your support.

Kind regards

A Chant

Ms A Chant

Primary SENCO/Teacher

