



Building Personal Success



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Monday 10th May 2021

Dear Parents and Carers,

Mental Health Awareness Week

This week is Mental Health Awareness Week and the theme for this year is 'Nature'. The awareness campaign, run by the Mental Health Foundation, aims to inspire more people to connect with nature and to understand how it can increase a person's sense of wonder, empathy and creativity. See their website at <https://www.mentalhealth.org.uk/our-work/campaigns> for more information.

In our school assemblies this week, we will be thinking about the benefit of being in (and appreciating) nature as part of how we all look after our mental well-being. The children will be reading a story called *We Planted a Tree* by Diane E. Muldrow and thinking about times that they have spent in nature.

Mental Health Awareness Week Nature Competition

To inspire the children to think more deeply about the impact nature has on them, and to encourage them to take notice of the nature in their local community, we will be holding a photo competition. We are asking families to take a photograph of a place (such as the park) or an object (such as a favourite tree) and send it into school along with an explanation of how that place/object helps/helped their well-being. The entry can be printed and brought into school, or it can be emailed to the following email address:

competition@brampton.newham.sch.uk. Please include your child's name and the name of their class on their entry.

Entries can be submitted from now until **Monday 7th June**. This means that families can make the competition part of their half-term holiday plans.

Competition Entry Example



Here is a photograph of a robin. The robin came to sit nearby to me and my family when we were having a picnic at the WWT London Wetland Centre. Some people believe that a visit from a robin is a sign that a lost relative is visiting them. Others believe that they symbolise new beginnings. As we start to meet up again after the lockdown, we found both of these ideas very comforting!

For more tips and advice on how to connect with nature to improve mental health, visit https://www.mentalhealth.org.uk/sites/default/files/MHAW21_nature-top-tips-v2.pdf (Top Tips) and <https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf> (Thriving with Nature Guide).

Thank you for your support, we looking forward to seeing your thoughts and ideas!

Yours faithfully,

Mrs Marie Hardie

Deputy Head Teacher