



Priory Primary School

NEWSLETTER – Special Edition

Wednesday, 11th February 2026

Dear Parents / Carers,

Welcome to our Special Edition Newsletter for **Children's Mental Health Week 9th - 13th February 2026**.

This week the children will have additional focus on mental health & well being, even though we aim to keep this at the forefront of what we do all year.

As you will be aware, the online environment can be a BIG danger to children's mental health: the national Safer Internet Day is placed in this week for that reason, and yesterday we talked to pupils all about Artificial Intelligence (AI). You might be interested to see for yourselves:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

We will celebrate the end of Children's Mental Health Week with a special fundraiser: On Friday 13th February, pupils can wear their **briest clothes** to school for a **£1 donation to CHUMS**, the local Children's Mental Health charity, who have supported our own school in recent years.

Finally, I would like to tell you about an amazing resource - short film clips for parents / carers to understand the worries their children might have. Take a look at this link: <https://nipinthebud.org/films-for-parents-carers/> for help, including for children with Autism, ADHD, anxiety and dyslexia.

Thank you for joining with us to focus on children's mental health and well being.

Kind regards,

Mrs Fraser

(Head Teacher)

CHILDREN'S MENTAL HEALTH WEEK 2026

9th-15th Feb

This years theme is
'This Is My Place'

The aim is to support the
systems around children to
help them feel like they belong.

We feel strongly about
supporting young people's
mental health. Place2Be
provides counselling and
mental health support in UK
schools, to avoid children
facing their problems alone.

Visit their website to read their
amazing resources and to find
out how you can show your
support for this cause.

www.childrensmentalhealthweek.org.uk

Place2Be's

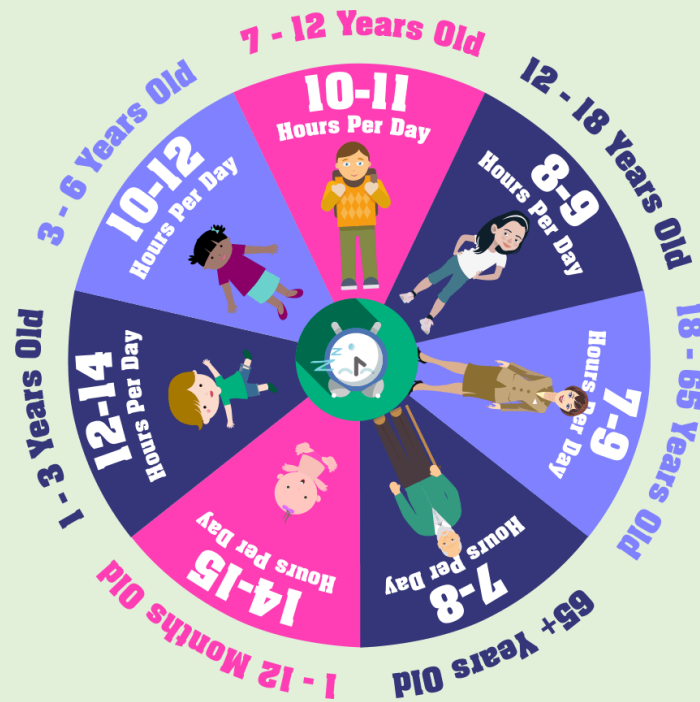
CHILDREN'S
MENTAL HEALTH
WEEK

9-15
FEB
2026

Aspire
people

Recruiting Talent
For Education

**Does your child have problems with focus and attention at school?
Check they are getting enough sleep – look at this chart:**



Sleep deprivation causes increased hyperactivity and other behavioural problems, as well as damaging physical and mental development. Poor sleep habits from an early age can lead to long term sleep problems.

Go to this website for FANTASTIC helpful tips:

<https://thesleepcharity.org.uk/information-support/children/>



**Around 50% of
children will have
a sleep issue at
some point***

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Available Sunday - Thursday
7pm - 9pm



