



Leigh Church of England Academy

Aim ever higher



Children's Mental Health Week

This week has been Children's Mental Health Week. The theme this year is 'Growing Together' which is about growing emotionally and finding ways to help each other grow. [Click here](#) for more information from Place2Be.



At Leigh this week...

Mrs Tyrell has been delivering assemblies to teach children about the **Stress Bucket**. This is a simple way to explain how our bodies respond to stress or worry and what we can do to help. Being able to manage our feelings helps us to grow emotionally.

[Click here](#) for the slides from our assembly.

[Click here](#) for a video for parents about the stress bucket.

At Leigh this week...

Many children have been continuing to learn about the Stress Bucket in class. **Year 2** thought about their stressors/worries and coping strategies.



[Leigh Offer - SEMH provision](#)

This document shares with you what support we offer our pupils at Leigh for the social, emotional, mental health and wellbeing.

[Academy Website](#)

Please take a look at our new wellbeing page on the Academy website. This is to support the mental health and wellbeing of the whole Leigh family - pupils, parents and staff. It is still growing - more content will continue to be added.



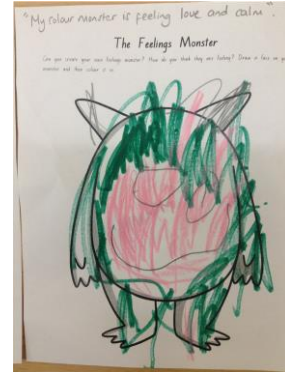
Together we learn and grow

Philippians 4:13 "I can do all this through him who gives me strength"

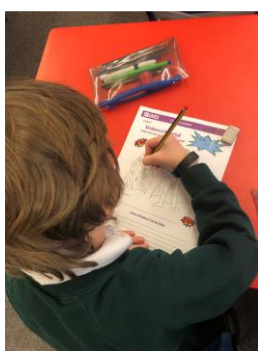


At Leigh this week...

In **Nursery** we have focused on feelings this week and based a lot of our learning around The Colour Monster. We've talked about different feelings and what we can do/who can help us when we have feelings that make us feel bad.



Year 3 have been thinking about 'Kindness Superheroes'. What will your 5 acts of kindness be today?



Year 5 continued their learning about the Stress Bucket producing their own personalised 'bucket'.

