



Leigh Church of England Academy

Aim ever higher



Children's Mental Health Week 2023

This week has been Children's Mental Health Week. The theme this year is 'Let's Connect'

[Click here](#) for more information from Place2Be

At Leigh this week...

Let's Connect - children have been thinking about how they are connected to each other, how they can form positive connections and what to do if they are struggling with their connections.

Incredible Five Point Scale - Children have been learning how the Incredible Five Point Scale can help them to identify how strong feelings such as worry or anger can grow, including how this feels in their body, what it looks like, and how to return to calm. [Click here](#) for more information on our Academy website.

Activities at home

[Click here](#) for a video showing a fun paperchain activity to think about how we can feel connected.

[Click here](#) for ideas for play dates.

[Click here](#) to find Incredible Five Point Scales on our website.

How I feel today	How I feel today	How I feel today
5 Feeling angry - I need help to calm down	5 Feeling overwhelmed - I need help to calm down	5 Feeling angry - I need help to calm down
4 Feeling angry - I need help to calm down	4 Feeling angry - I need help to calm down	4 Feeling angry - I need help to calm down
3 Feeling angry - I need help to calm down	3 Feeling angry - I need help to calm down	3 Feeling angry - I need help to calm down
2 Feeling angry - I need help to calm down	2 Feeling angry - I need help to calm down	2 Feeling angry - I need help to calm down
1 Feeling angry - I need help to calm down	1 Feeling angry - I need help to calm down	1 Feeling angry - I need help to calm down

[Academy Website](#)

Please take a look at our wellbeing page on the Academy website. This is to support the mental health and wellbeing of the whole Leigh family - pupils, parents and staff.

[Mental Health and Wellbeing Policy](#)

This has been shared on our academy website. Please take a look.



[Leigh Offer - SEMH provision](#)

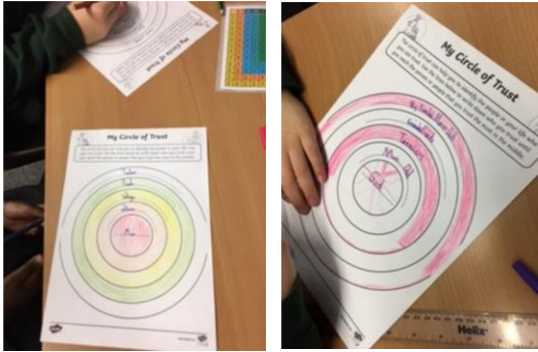
This document shares with you what support we offer our pupils at Leigh for their social, emotional, mental health and wellbeing.



Click on the image to the left to access free courses and online videos to support your own and your child's wellbeing

At Leigh this week...

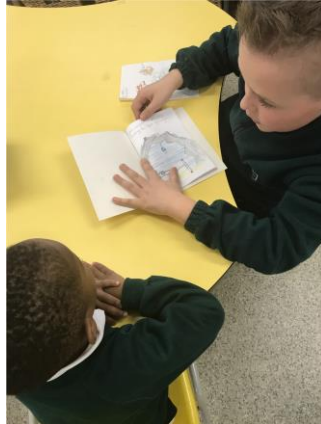
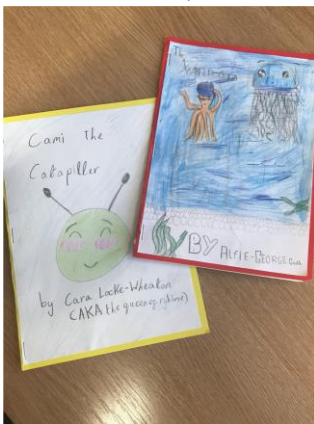
Year 5 attended an online relaxation session run by The School Nursing Team and talked about their circle of trust.



Year 4 created their own Incredible 5 Point Scales.



Year 6 wrote books for nursery and reception children to help them with their worries. On Friday afternoon, they went and read to them.



Nursery were thinking about different emotions through 'The Colour Monster'.



Year 2 created puzzle pieces to show how we are all connected through our likes and interests.



Year 1 and Year 3 also created their own Incredible 5 Point Scales

