



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL
Hazlehurst Drive, Aylesbury, Bucks. HP21 9TJ

Phone: 01296 421733

E-mail: office@williamharding.school

Website: www.williamhardingschool.co.uk

Head Teacher: Miss T Cotchin BA(Hons) PGCE NPQH

Re: Children's Mental Health Week

3 February 2021

Hope you're all staying safe!

This week we celebrated **Children's Mental Health Week**. We were delighted that the The Duchess of Cambridge marked the start of the week with a [message of support](#). This year, it has been easier than ever to take part in the campaign and celebrate the theme of '**Express Yourself**'. I know that all the children, whether at home or in school, have been busy expressing themselves in different ways. Such expression makes them feel good and more positive about themselves. I have put together some of the pictures that the children have created in the Rainbow Room to share with you at home. I want to say a big thank you for getting involved. There has never been a more important time to put a spotlight on children's mental health.

I leave you with some useful links to [easy activities and top tips](#) to try at home.

Yours faithfully
Mrs. Sarah Pacelli
school counsellor



'All My Feelings'

CALM

SHOCKED

HAPPY

LOVE

SAD

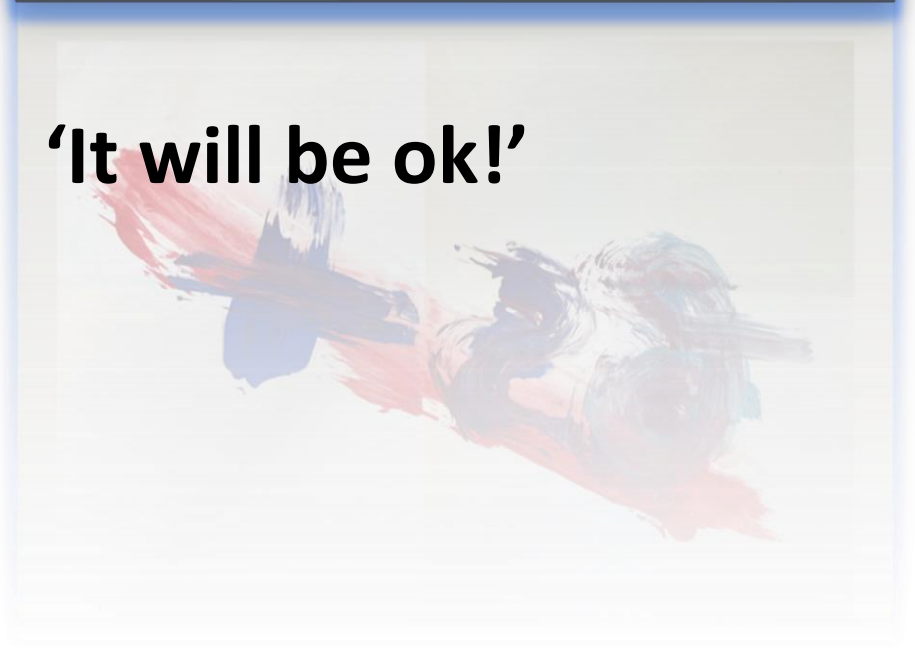
CONTENT

ANGRY



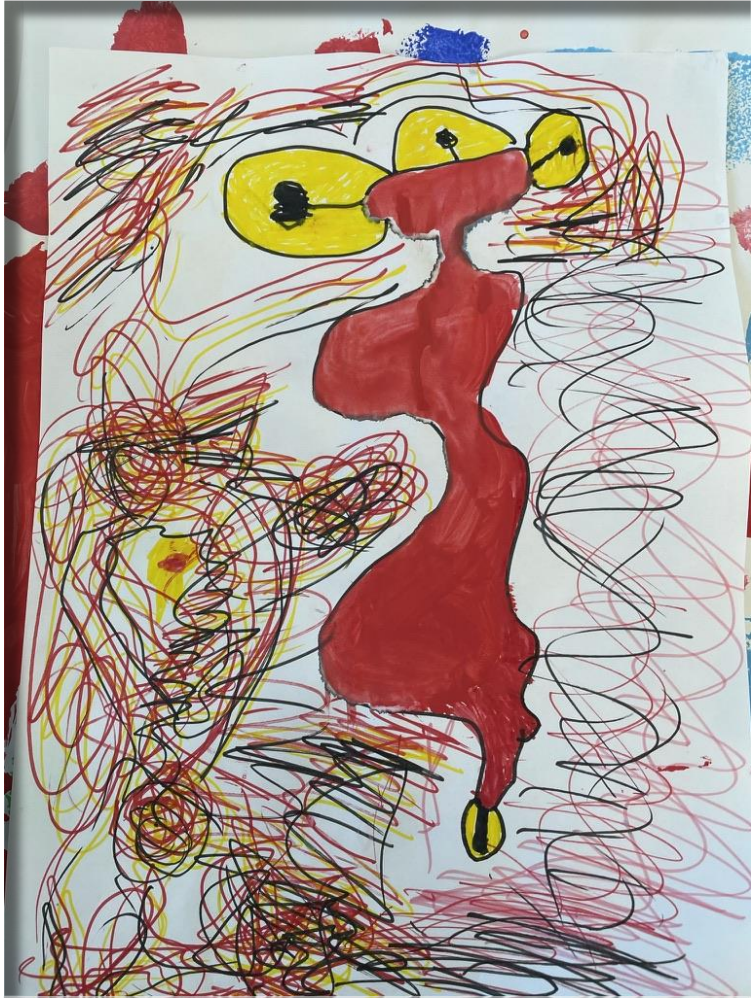


'It will be ok!'



'Excitement'





'Asteroid Energy'



'Happy'



'Change'



'Anger'



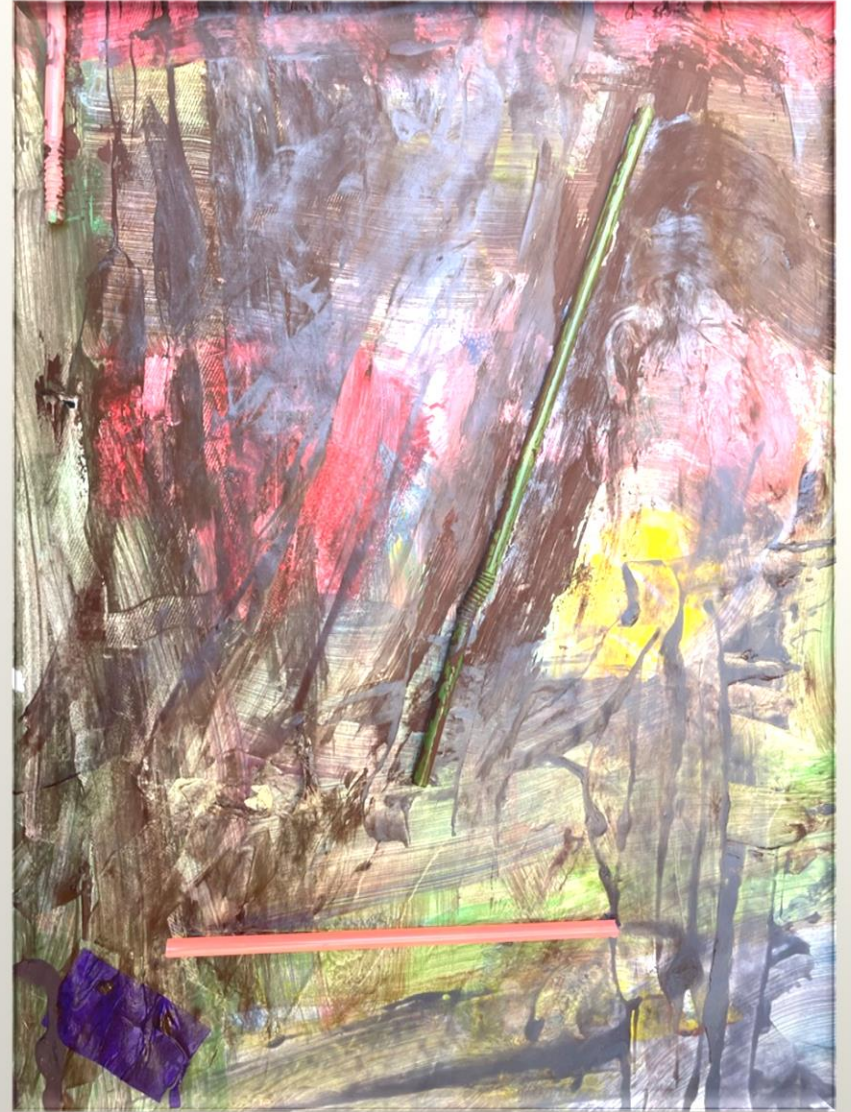
'Sad'



'Feelings'



'Big Feelings'



'Exploring'



'Shining Bright'



'Joy can be found on the darkest of days'



'Sunny' – Oops! it's ok





No.1 -Kaboom! – Gone too far



No. 2 -Kaboom! Rainbow Splat! – Stopped in time