



THE DOWNLEY SCHOOL

"Learning, Growing and Succeeding Together"

Faulkner Way, Downley, High Wycombe, Buckinghamshire HP13 5AL

Tel: 01494 527033 Email: office@thedownleyschool.co.uk

Website: www.downley.bucks.sch.uk

Headteacher: Ms F Taylor



Tuesday 28th January 2020

Dear Parents/Carers,

National Mental Health Week (3-9th February)

Following notification yesterday that the children will be involved in 'Inside Out Day' next Thursday (6th February), as part of national Mental Health Week, I write to give you further details of what the children will be doing during the rest of the week.

Monday 3rd February

Announcement to children about our Inter-house competition run by Y6 Team and House Captains. Pupils in each class will be invited to create a piece of work in one of the following categories: write a short story, create a poem, write a song and perform it (with or without an instrument) or draw a picture.

KS1 will focus their piece of work on being brave, following the 'FIND YOUR BRAVE' theme; this is all about being courageous and finding confidence. KS2 will focus their piece of work on emotions/feelings; these can be their own choice, examples of which could be: happy, sad, frustrated, confused, worried, grateful, or another they would like to express through their work. The more effective pieces of work will make some reference to strategies used to try to overcome any challenges.

Teachers will give the children an opportunity to work on these in class throughout the week. There will be four finalists chosen from each class with the Year Six selecting one winner from each key stage.

Tuesday 4th February

There will be two assemblies in the morning, one for EYFS and KS1 and another for KS2, delivered by Bucks MIND to raise awareness of Mental Health.

Wednesday 5th February

There will be an opportunity for the whole school to have class 'Circle time' at 1pm.

Thursday 6th February

This will be 'Inside Out Day'. Children will be able to come to school in home clothes wearing one item of clothing inside out to show that we do not always know how people are feeling. There will be presentations to the class with finalists being chosen.

Friday 7th February

Their Inter-house competition will be held in the afternoon on this day.

We hope that you will support your child by encouraging them to try their best in what should be a very worthwhile and enjoyable week.

Kind regards,

Mrs Bojarski

