

Hellingly Primary School

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6th February 2023

Dear Parents and Carers,

This week, there are two events happening – Safer Internet Day and Children's Mental Health Week – and these two events go hand-in-hand.

The Internet is an integral part of many children's lives. Whilst the Internet presents multiple opportunities, it also poses risks. Ensuring safe use of the Internet has a direct link on how our children's mental health is affected, and so this week, we have selected resources that aim to support you in raising awareness of these two important topics.

The children will begin this week with a whole school assembly focusing on the theme Let's Connect by Place2Be. Each day they will have a session focusing on creating positive connections including reading the letters of positivity we have received from our link school in North Yorkshire.

On Tuesday we will celebrate Safer Internet Day centred around conversations with its theme 'Want to talk about it?' Children will explore this theme through assemblies and a session in class. The Sussex Police Community Service will also be visiting Year 6 on Friday 10th February to talk about cyberbullying.

The week will be finished by celebrating with the day '**Dress to Express.**' As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **Friday 10th February.** We also kindly ask that all children who take part make a suggested voluntary £1 donation to Place2Be, by making a donation online on Parent Pay.

Please look out for the daily resource we will be sending home this week. The first two are attached from Place2Be; Tips for Parents and Carers and Internet Matters.

We thank you for all your support.

Kind regards,

Carolyn Andrews

Deputy Headteacher

