

# Sparsholt C of E Primary School

Woodman Lane, Sparsholt, Winchester, Hampshire, SO21 2NR

Telephone: 01962 776264

E-mail: [headteacher@sparsholt.hants.sch.uk](mailto:headteacher@sparsholt.hants.sch.uk)  
[adminoffice@sparsholt.hants.sch.uk](mailto:adminoffice@sparsholt.hants.sch.uk)  
[absence@sparsholt.hants.sch.uk](mailto:absence@sparsholt.hants.sch.uk)  
[goinghome@sparsholt.hants.sch.uk](mailto:goinghome@sparsholt.hants.sch.uk)



Friday 30<sup>th</sup> January 2026

Dear Parents and Carers,

We are excited to tell you that the week beginning 9<sup>th</sup> February 2026 is **Children's Mental Health Week**. This year's theme is '**This is My Place**'.

The week focuses on helping children find a sense of belonging ensuring they feel comfortable, safe, and accepted in their school, home, and community. When children feel they belong, they are more confident, resilient, and better able to build strong relationships.

As well as the fantastic activities highlighted in our Mental Health Week Menu, throughout the week, children will also be participating in activities designed to explore what 'belonging' means to them. In class activities/themes will include:

- **Classroom discussions:** Focusing on kindness, inclusion, and what makes everyone special.
- **"My Place" Mapping:** Children will create personal maps of places, groups, or activities where they feel they belong.

## How you can get involved at home:

You play a vital role in supporting your child's mental health. We encourage you to talk with your child about the theme. Here are some simple ways to explore 'belonging' at home:

- **Create a sense of security:** Establish family rituals, such as sharing a favourite meal or reading together in the evening.
- **Celebrate them:** Notice and celebrate your child's unique personality, talents, and efforts.

Please do look at the ideas in the column on the right of our Mental Health Week Menu for other activity ideas you can do at home.

Thank you for your continued support!

Jane Gwilliam

Every day in a hundred small ways our children ask, 'Do you see me? Do you hear me? Do I matter?' Their behaviour often reflects our response.

L.R. Knost



# Sparsholt C of E Primary School

## Children's Mental Health Week Menu

### Monday 9<sup>th</sup> – Friday 13<sup>th</sup> February 2026



Daily Focus	Sparsholt Wheel of Wellbeing
<p><b>Mindful Me Monday</b></p> <p>Bring your favourite soft toy buddy to school to join in with activities including Teddy Bear Breathing and Meditation</p>	<p><b>People: Connect and Give</b></p> <p>Be thankful for the small things in our lives.</p> <p>The best thing that happened to me today was...</p> <p>I am thankful for...</p> <p><a href="#">Make a 'Gratitude Jar' at home.</a></p>
<p><b>Take Notice Tuesday</b></p> <p>Mindfulness and Relaxation techniques.</p>	<p><b>Spirit: Take Notice</b></p> <p>Take time in the day to stop, be still and take notice.</p> <p>Take notice of your day: Spend 5 minutes thinking about what made you <b>GLAD</b> each day.</p> <p><b>G</b> – Something you were <b>Grateful</b> for</p> <p><b>L</b> – Something you <b>Learned</b></p> <p><b>A</b> – One small <b>Accomplishment</b> you did</p> <p><b>D</b> – Something that brought you <b>Delight</b></p>
<p><b>Wellbeing Wednesday Walk</b></p> <p>We will be going for a wellbeing walk around our school grounds and Church Yard with our teachers and class mates.</p>	<p><b>Inspire: Be Creative</b></p> <p>What can we find on our walk? Create a 'Journey Stick' to represent your walk /experience</p>
<p><b>Thoughtful Thursday</b></p> <p><b>Today our whole school will take part in prayer spaces in and around St Stephen's Church</b></p>	<p><b>Planet: Show Care</b></p> <p>Try to reduce the waste we produce during the day. We will have a <b>Zero Waste</b> lunch at school today!</p> <p>Looking after our planet is the best recipe for wellbeing. Small actions make a big difference.</p>
<p><b>Freezing and Fido Friday!</b></p> <p><b>Wow! Two special guests! Polar Explorer Jamie Anderson will give an inspirational talk and 'Dino' will be visiting all classes....and of course...</b></p> <p><b>Dress to Express!</b></p> <p><b>The choice is yours....</b></p> <p>Wear your team kit, your favourite colour! What does your clothing say about you?</p>	<p><b>People: Connect and Give</b></p> <p>Support a local charity - <b>The Winchester Hospice</b>.</p> <p><b>If you can please bring in your donation today!</b></p>