



**Mowbray Primary School**  
**Stakeford Lane**  
**Guide Post**  
**Choppington**  
**Northumberland**  
**NE62 5HQ**

**Headteacher: Mr Andrew Miller**

JB/AM

14 February 2022

Dear Parent/Carer

**Mental Health Day - Friday 18 February**

Research highlights that an improvement in a child's self-esteem and self-belief has a positive impact on their behaviours and academic progress.

Here at Mowbray Primary school we aim to raise the self-esteem and self-belief of the children we work with daily. The diverse range of experiences we offer such as Forest School, NUFC and Commando Joe's enhance the already nurturing curriculum we deliver.

To build on this further we are holding a Mental Health day focusing on self-esteem and self-belief. Throughout the day the children will be taking part in various activities which will celebrate and identify their strengths, challenge the negative beliefs they have about themselves and promote positive relationships.

Early Years and Reception classes will be focussing on 'This is Me', identifying a sense of self and what they like about themselves.

Beech, Elder and Larch classes will be carrying out activities based on the books 'The Koala who Could' and 'The Lion Inside'.

Holly class will be attending Forest School as normal, however activities will be based around team work and challenging beliefs. The afternoon will be Art based activities.

Mulberry Class will be carrying out research looking at aspirational people and the paths they have taken to get there. The afternoon will be Art based activities.

Maple and Willow class will take part in 'A Survival Morning'. This is where the children will use the skills they have learned at Forest School collectively, such as den building, lighting fires, toasting marshmallows. Can these classes make sure they have their Forest School clothes on the day. This is in addition to Maple classes Forest School so they will still need their Forest School clothes for Thursday afternoon.

Yours Sincerely,  
*J. Baines*  
Pastoral Manager

☎ 01670 823198

✉ [Admin@mowbrayprimary.northumberland.sch.uk](mailto:Admin@mowbrayprimary.northumberland.sch.uk)  
🌐 [www.mowbrayprimary.northumberland.sch.uk](http://www.mowbrayprimary.northumberland.sch.uk)

