



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

13 May 2020

RE - Tips for Parents – Think Positive!

Dear parents and families,

Hope you are well – as it is Mental Health Awareness Week next week, I have included some positive activities in the 'Bits and Piece's of the home learning tab which are fun for everyone!

Next week's theme is around thinking positive! It can sometimes be a little bit tricky to focus on the positive but when we do, it can really help us to focus on what's important and what makes us happy. A positive attitude helps you cope more easily with the ups and downs in life. It brings optimism into your life and makes it easier to avoid worries and negative thinking. I have a video to share this week from the Youth Worker friends who are part of the Bucks Mental Health Support Team. They have created this really useful video on thinking positivity:

<https://onedrive.live.com/?authkey=%21ACzgcUgrZsVix1s&cid=A76BE62705A23165&id=A76BE62705A23165%21776&parId=root&o=OneUp>

<https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/>

Happiful Magazine "Our aim is to provide informative, inspiring and topical stories about mental health and wellbeing. We want to break the stigma of mental health in our society, and to shine a light on the positivity and support that should be available for everyone" This wonderfully uplifting and insightful monthly magazine is available free online. They also have lots of positive articles on their website: <https://happiful.com/>

Best wishes,

Miss Cotchin
Head teacher

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

