



February 2026

Dear Parent / Carer

Re: Children's Mental Health Week 2026

Children's Mental Health Week will take place between Monday 9th February and Friday 13th February 2026, with learning based around the theme "*This Is My Place*".

Children's Mental Health Week is a key event each year which helps young people be able to recognise signs of poor mental health and develop strategies to help them build good mental health and maintain it. This year Children's Mental Health Week, focused on "*This Is My Place*", will be looking at:

- young people becoming aware of the importance of developing a sense of belonging
- thinking about the places where they feel they belong
- building confidence and self-esteem
- regulating their emotions
- feeling safer and more connected
- developing resilience
- staying engaged in learning and relationships.

Co-ordinated in the UK by Place2Be, the week sees thousands of organisations get involved to promote strategies to develop good mental health for young people. Throughout the week, our school will be exploring the theme of belonging in PSHCE lessons, using resources designed to help young people reflect on the places and people that make them feel safe, valued and understood.

If you want to take part at home you can:

- Download the [Place2Be family pack](#)
- Encourage your child to visit the [Health for Teens mental health collection](#), where they can find a range of articles containing support, advice and signposting
- Check out the advice on how to talk to your child about mental health on the [Young Minds website](#) or try one of the free online courses for parents and carers available from [Togetherness](#) (formerly known as the Solihull Approach). Use the access code: CURVE to log in.

Support for parents and carers

As well as highlighting support for children during the week, the local NHS has also created a new web page to round up all the local support and some national websites available to help you in your role as a parent / carer.

From where to go if you need to speak to a school nurse about behavioural difficulties or emotional health to free parenting courses from Togetherness, the webpage lays out lots of useful information. It even includes top tips pulled together by NHS health professionals and a section on where to find out more to look after your own health and wellbeing as a parent or carer.

Visit <https://lptnhs.com/SupportForParents> to find out more.

If you are worried about your child's mental health or wellbeing, please reach out. Whether through school or other local services, support is available.

Thank you for helping us to make Children's Mental Health Week a meaningful and supportive experience for all our students.

Yours sincerely

Ms Broadfield
Curriculum Lead for PSHCE

