**Student Bulletin – week commencing 1st February 2021**

**Weekly Well-Being Information.**

**Children’s Mental Health Week 1st – 7th February**

Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself.

Please watch this short clip from the Royal Patron HRH The Duchess of Cambridge

<https://www.childrensmentalhealthweek.org.uk/news/the-duchess-of-cambridge-sends-message-to-mark-children-s-mental-health-week/>

This week is all about finding ways to express your thoughts, feelings and emotions. This can be done in any creative way possible, drawing, writing, poetry, sculpting, scrapbooking, journaling, dance any way at all.

Through self expression we can ignore the expectations of social media and popular culture and show case our true selves.

***Activity for your to try***

Pick one of the quotations that appeals to you. write it out in the middle of a blank piece of paper and then, in your own way, illustrate what that quotation means to you. You can draw, write, stick pictures on anything you want…this is your way of illustrating why you like that quotation.

***Brenda Ueland****:“Everybody is talented because everybody who is human has something to express.”*

***Fay Weldon:*** *“The desire for self-expression afflicts people when they feel there is something ofthemselves which is not getting through to the outside world.”*

***DeeyahKhan****: “Self-expression should not be a challenge that demands extraordinary talent butshould be a right accessible to all.”*

***Criss Jami****: “Everyone has their own ways of expression. I believe we all have a lot to say, but findingways to say it is more than half the battle.”*

***Mahatma Gandhi****: “I want freedom for the full expression of my personality.”*

***Maya Angelou****: “There is no greater agony than bearing an untold story inside you.”*

Hint: You could think about how the quote makes you feel, what does it make you think about, what objects or colours etc do you think about when you read the quote?

For more information on Children’s Mental Health Week go to;

<https://www.childrensmentalhealthweek.org.uk/>

Remember, if you think you need support with your mental health;

Try and talk to someone; a family member, contact a teacher or a trusted friend and tell them how you feel. Remember it’s OK to not feel great and someone will probably help you start to feel better.

There are also a lot of helplines, run by charities, who will also listen to you and try to help you.

As well as the ones from the last few weeks, another place you could try is;

***Place2be*** – an advisory website which offers a range of helpful sites on the link below

[https://www.place2be.org.uk/page/get-urgent-help/#](https://www.place2be.org.uk/page/get-urgent-help/)