



ABOYNE ACADEMY

RESPECT | PARTICIPATION
TEAMWORK | DETERMINATION

Aberdeenshire
COUNCIL



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Dear Parent/Carer

CHILDREN'S MENTAL HEALTH WEEK – 1-7TH FEBRUARY 2021

Next week is national Children's Mental Health Week from the 1st–7th February 2021. This year's theme is '**Express Yourself**' and Place2Be (a leading national mental health organisation) have created resources and are encouraging pupils (and adults) to participate in a wide range of activities in order to explore the different ways that we can share our thoughts, feelings and ideas around the topics of mental health and wellbeing. This is obviously particularly relevant during these challenging and uncertain times we find ourselves in at present.

A large number of other key organisations and charities such [See-Me Scotland](http://See-Me-Scotland), YoungScot, [Now and Beyond](http://Now-and-Beyond) and more are also involved, and we are hoping for as much #participation as possible from our Aboyne Academy pupils, staff and parents/carers across our local community. We have a team of hardworking pupils and staff who are currently pulling all of this together for everyone and we hope that your family will join with us to regain our sense of community spirit, support ourselves and those around us and also have some fun! *Please note – all activities undertaken will comply with current COVID guidelines.

How do we get involved?

Over the next few days our Remote Learning – Learning from Home (Green) section of the website will be updated with a new tile entitled 'Children's Mental Health Week 2021'. Here you will be able to access a different tile for each day next week, which will be your one-stop location to access all of the optional links, resources and activities for each specific day. Like our normal school Daily Bulletin, each tile will be published the evening before, so that families can look ahead, discuss at home and plan what to get involved in. The link for the tile (once finalised) can be accessed from here:

<https://aboyneacademy.aberdeenshire.sch.uk/remote-learning-2021/learning-from-home/>

Overview

A brief overview of our week and themes for each day is on the next page:

DATE	THEME	BRIEF OVERVIEW
Monday 1 st February	Launch and Anxiety Support	There will be an 'assembly' video we would encourage pupils to watch in their own time to launch the week; plus, optional activities both 'live' and links focusing on 'anxiety vs. worry' and more.
Tuesday 2 nd February	Kindness	Examples of 'random acts of kindness' for all to get involved in today and regularly moving forwards; plus, information on reading for wellbeing and more.
Wednesday 3 rd February	Inside out Day	Everyone is encouraged to wear an item of clothing inside out, to stop and think about how others are feeling. No-one knows how someone else is feeling on the inside. There will also be focused lesson inputs on themes such as Kindness, Gratitude and Resilience and a TikTok Challenge!
Thursday 4 th February	Time to Talk Day	Everyone is encouraged to talk about their feelings with a number of support resources highlighted and a presentation on positive self-talk. Pupils are also encouraged to stay active and safely 'walk a mile', possibly reconnecting with a friend in a COVID-friendly walk to talk about how things are going, and more.
Friday 5 th February	#showyourselfie Celebration	We will aim for as much #participation as possible to showcase and celebrate our week of activities, plus there will be live online sessions for pupils and/or parents and carers to discuss how to have open and honest conversations around mental health and wellbeing, and more.
Saturday 6 th and Sunday 7 th February	Family Support and Activities	Links and resources for families to enjoy over the weekend and beyond.

Keep in touch!

Please ensure you check our school website above, follow our @aboyneacad twitter and also that pupils check their own House Group Instagram pages to keep up to date with all of the information. There will also be an opportunity for everyone to submit pictures, videos and examples of their #participation using specific e-mail addresses and hashtags. Details will follow in our website posts for each day.

We really hope you enjoy these additional/optional activities and that everyone can spare some time to get involved. We look forward to seeing the results!

Yours sincerely

Barry Drennan
Depute Head Teacher