



3rd February 2026

Dear Parents and Carers,

Children's Mental Health Week & Keeping Safe Week : 9th – 13th February

The final week before we break for half term will be our PSHE Focus on Keeping Safe and Mental Health. Please see below for the weeks' highlights:

Monday 9 th	<p>The Children's Mental Health Week theme this year is "This is My Place." Belonging is the feeling of being a valued part of the groups and places that are important to us. It means feeling cared for and comfortable to be ourselves. This year's theme focuses on fostering a sense of belonging in schools, families, and communities, encouraging children to feel safe, connected, and supported.</p> <p>Our collective worship and focus week activity will explore where pupils feel connected and have a sense of belonging through drawing a 'This is My Place' map.</p> <p>For activities and guidance to continue these conversation at home, please visit www.place2be.org.uk.</p>
Tuesday 10 th	<p>Safer Internet Day this year looks at "Smart Tech, Safe Choices – Exploring the safe and responsible use of AI." Younger children will talk about voice assistants (Alexa, Siri and so on) through 'Roo's New Friend' to help them understand the capabilities of voice assistants and to recognise that this is technology and not a real person or friend. In KS2, sessions discuss AI and chatbots to help children determine if a use of technology is safe and responsible or a misuse. www.saferinternet.org.uk has more information and support for parents who may be concerned about or simply wish to learn more about the technology and apps their child may be using.</p>
Wednesday 11 th	<p>A number of KS2 children are away from school at the Young Voices event. In school, Years 5 and 6 will debate the much-discussed issue of banning social media for under 16s, exploring the pros and cons, the impact it has had in Australia and debating whether they feel it would be a positive or a negative thing. They will be challenged to propose a solution that keeps children safe and well, whilst supporting their social and educational needs. In other year groups, children will be learning about other aspects of safety, such as staying safe when out and about and when crossing the road.</p>
Thursday 12 th	<p>Talk PANTS! is the NSPCC initiative that promotes personal safety, privacy and consent. Lessons are designed specifically for each key stage and feature the fabulous Pantosaurus. There is lots of information on www.nspcc.org.uk to support families and you can also view the Talk PANTS lessons and videos if you wish to extend learning at home.</p>
Friday 13 th	<p>Year 5 and 6 are being visited by Branching Out for their Substance Misuse workshop. We will be welcoming back Kira, from Branching Out, who offers educational sessions throughout Calderdale schools as part of the Healthy Futures Alliance. The workshops, for Years 5 & 6, cover the impact of alcohol and non-prescription drugs in an age-appropriate way.</p>

Please visit our website and follow our social media to see what we're up to. You can see our full PSHE policy on our website www.barkislandcofeschool.org.uk or email the office with any questions.

Kind Regards,

Mrs Becky Schofield
Headteacher

*Working with the Diocese of Leeds and the Metropolitan Borough of Calderdale
May he give you the desire of your heart and make all your plans succeed Psalm 20:4*

