



# ST MARY'S CATHOLIC PRIMARY SCHOOL

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Monday 26<sup>th</sup> January 2026

Dear Parents and Carers,

We are writing to inform you that St Mary's Catholic Primary School will be taking part in **Place2Be's Mental Health Awareness Week from Monday 9th to Friday 13th February.**

This year's theme is **"This Is My Place"**, which we will be linking to our Catholic faith through Laudato Si': Care for Our Common Home. Throughout the week, children will take part in a range of activities inspired by Pope Francis' letter, helping them to reflect on belonging, wellbeing, and caring for one another and the world around us. Further information about Laudato Si' for children can be found here:

<https://cafod.org.uk/education/primary-teaching-resources/laudato-si-for-children>

#### Activities planned for the week include:

- **Art and craft activity** – Each child will create an "I Belong Board" in school, which will be displayed in their classroom. <https://www.childrensmentalhealthweek.org.uk/art-project>
- **"I Belong" activity** – Children will be able to choose an activity they would like to take part in on **Friday 13th February**. Each class will have a sign-up sheet displayed, allowing all children to select their preferred activity.
- **Class-based activities** – Teachers will be using resources from the Place2Be website. These can be viewed here: <https://www.childrensmentalhealthweek.org.uk/resources/#primary>
- **Fundraising** – A selection of small items (such as keyrings, badges and fidgets) will be available to purchase for £1 throughout the week. Items will be chosen by our Wellbeing Champions and sold by the Head Boy and Head Girl. **All money raised will go towards our new school planters.**
- **Dress Down Day** – On **Friday 13th February 2026**, children and staff are invited to take part in a dress down day for a **£1 donation**, with **proceeds going to Place2Be**. Children are encouraged to wear clothes that help them feel comfortable and confident while remaining suitable for a school environment. \* **Please note: crop tops, short skirts and low-waisted trousers are not permitted.**

In addition to the above activities, the **MHST will be running workshops for children and parents on Thursday 12th March 2026:**

- KS2 Student workshop on sleep 1pm-2pm/2pm-3pm
- Parent workshop on Recognising anxiety in your child 3pm-4pm

Please register your interest for the **parent workshop** by emailing Mrs Morgan at: [denise.morgan@stmarysalw.net](mailto:denise.morgan@stmarysalw.net)

Thank you for your continued support in helping us promote positive mental health and wellbeing within our school community.

Denise Morgan

SENCO/ Senior Teacher and Mental Health Lead

Here is the link to the Place2Be fundraising page if you would like to make a donation.

<https://www.place2be.org.uk/support-us/donate/#donate>



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