



# Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Spring Term | 16 February 2021

Notices are on Page 14

## Message from Mrs Keep

We have just broken up for a half term holiday which will feel very different for us all. We shan't be going skiing or to Centre Parcs or even to visit our extended families for a short break as we ordinarily might. We shan't even be meeting our friends for playdates or heading out to the local National Trust or Drusillas for days out, nor joining The Outdoors Project at Forest School for a holiday club.

Knowing that we will all be spending a week at home, it would be easy to see only negatives and focus on everything we can't do. But in recent weeks one of the repeated themes I've heard from parents and children is the pleasure that is being found in spending time together. The busyness of our normal lives has been put on hold for the majority, and a slower pace of life is lending itself to some quality family time for a great many people.

We know that it is hard for parents working from home while children attend their remote lessons. I hope that this half term break gives parents some respite from the juggling act that for many has seen them working while also being a full-time teaching assistant.

I also hope that the children take the opportunity to enjoy a proper screen break. The temptation to go from online learning to a different type of screen-based entertainment will be enormous, but there is a chance now to step away from technology. The 'Keep Moving Forwards' challenge gives us all a reason to head outdoors. I am still puffed with pride because on Friday morning I was awarded a sports postcard, having changed my heels for trainers and headed out running to add some kilometres for our school charities. I sincerely hope that every family in the school is finding ways to participate, perhaps even managing to get moving together. Postcard or not, I have been reminded that taking a run is good for mind, body and spirit and is its own reward.

When we return from half term, we will have another two weeks of remote learning, after which time we all hope we will be able to fully reopen. If the children continue to work the way they have in the first half of term, they will give us all cause to be exceptionally proud.

However different it might be, I hope you have a wonderful half term.



Keep Moving Forwards!



Year 5 get cooking...



Safer Internet Day



House Colours Day

## News from the Pre-Prep

### Pre-School

Last week, the children in Pre-School celebrated Chinese New Year by learning why and how it is celebrated. They also made Chinese lanterns to decorate the classroom.

The children have had a wonderful week of fun which was made even more exciting by the snow at the beginning of the week! The children celebrated Valentine's Day by making their parents some special gifts as well as taking part in lots of Valentine's-themed activities.



### Reception

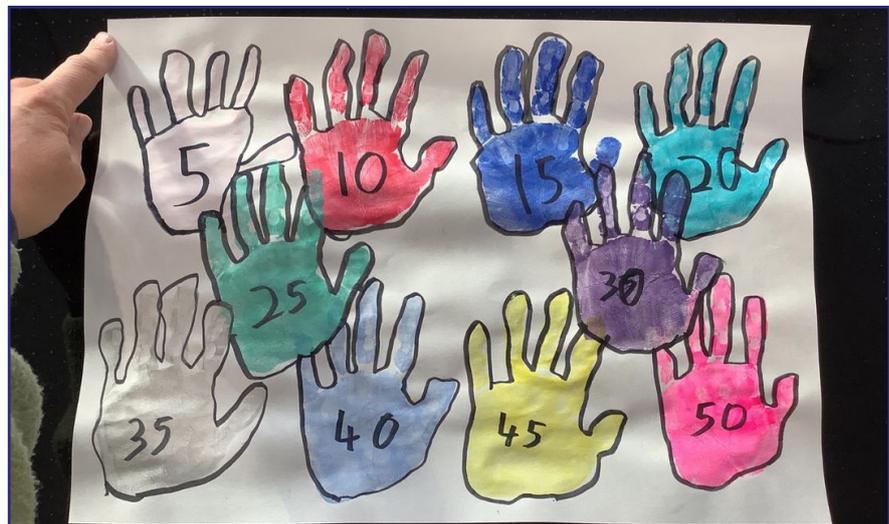
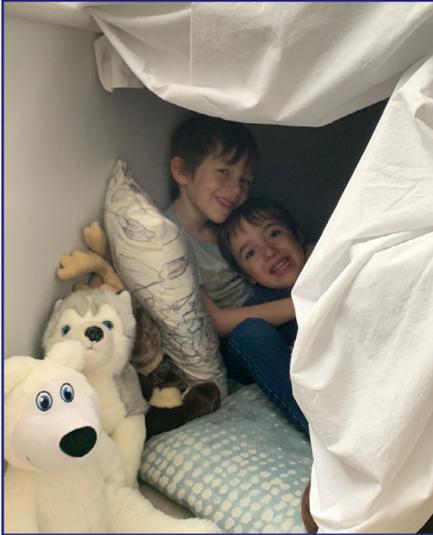
Last year, we held our first-ever evening camp for Reception which was very exciting for the children and the teachers. Sadly we could not do this the same way this year so we made it a virtual event on Microsoft Teams - the staff took everyone on a Gruffalo hunt around the school grounds while the children were warm and cosy at home and tucking into the delicious Gruffalo crumble they had made earlier. It was a bit spooky for the teachers in the dark. The children heard the Gruffalo story and everyone cleaned their teeth very carefully after the Gruffalo crumble!



## News from the Pre-Prep

### Year 1

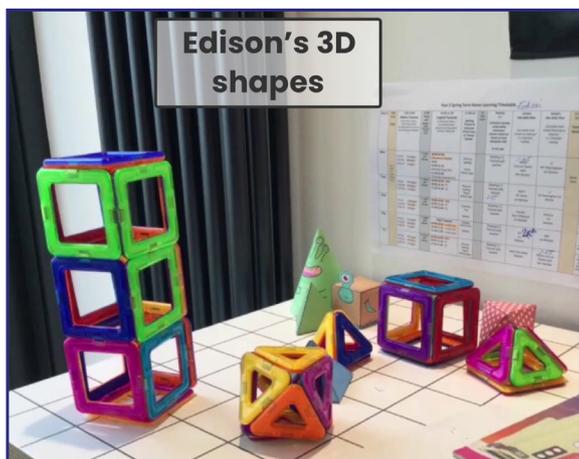
The children have been learning about igloos as part of their 'Polar' topic. They made their own igloo dens which included essential items such as food and water supplies and somewhere warm to sleep. Some even featured disco lights and cuddly toys. The teachers have been delighted to see some lovely work in Maths and Drama too!



## News from the Pre-Prep

### Year 2

The children have been working hard, whether from home or at school in their shared lessons on Teams. They have impressed their teachers with some great work in Maths and English, and with their creativity. They have enjoyed getting out and about and their yoga PE sessions. It's been lovely to see some of their family pets, particularly Leila's new puppy and Noah's cat helpfully keeping his keyboard warm for him! The children have been so thoughtful of each other too. Lizzie's classmates have enjoyed the regular stories she posts for them.



#### INSTRUCTIONS

How to get from the cottage to the raging river!

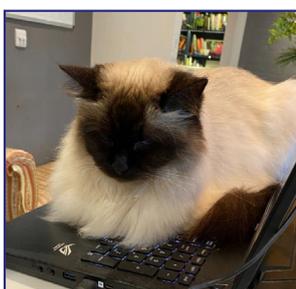
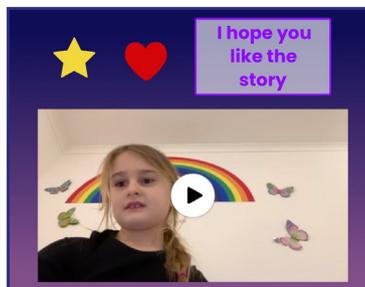
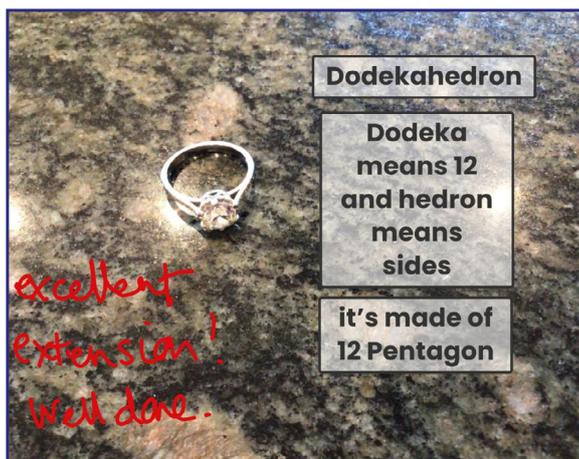
Firstly, politely knock on the door of the apple tree cottage.  
Next, cautiously enter.  
Then, skip along the path 2 metres away ever so gracefully.  
After, that stop at the wild wood.  
Next, messily wander through the wild wood.  
After, you must prudently avoid the castle.  
Then, stealthily creep past the wolfs domain.  
After, that rampage along the river.

Then, soothingly sail along the river.  
Afterwards, use your boat as an outstandingly great rod.

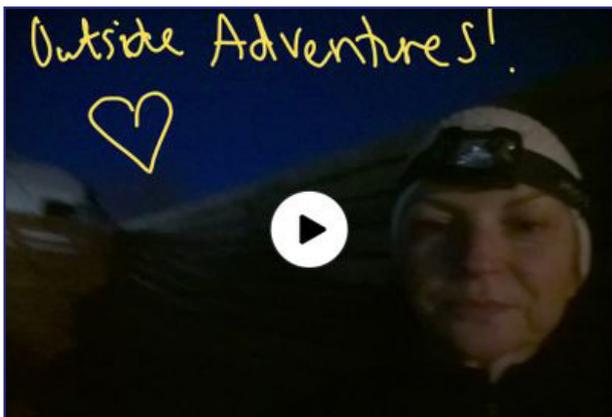
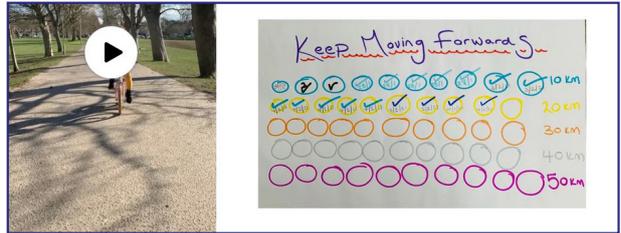
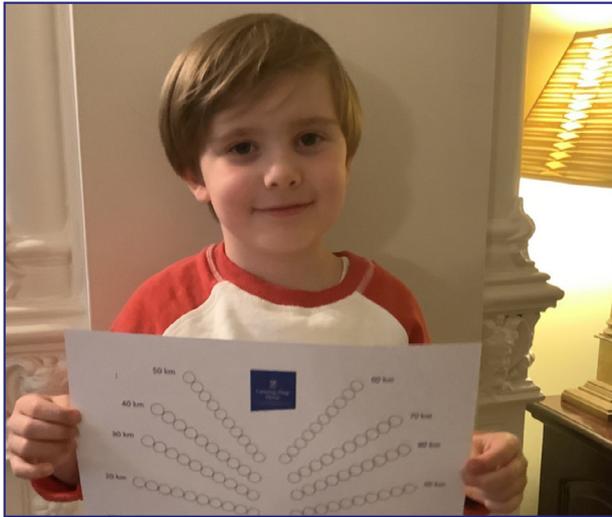


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Then, excitedly jump 10 times.  
Finally, you are at the river.



# 'Keep Moving Forwards' in the Pre-Prep

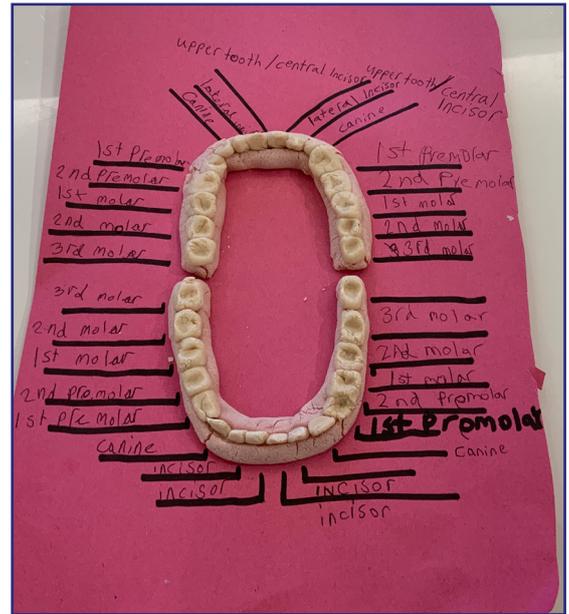
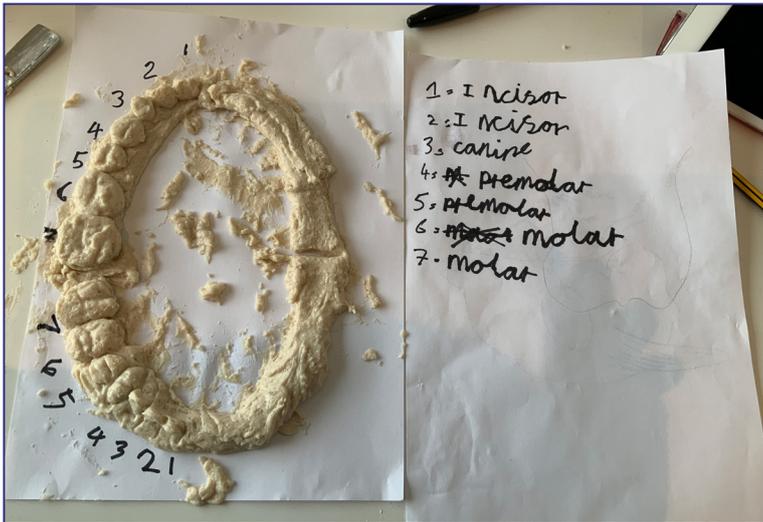




# News from the Prep

## Year 4

The children have been studying the digestive system from both ends and were set the task of making teeth from sourdough, showing the different types of tooth and how they are arranged. They also had huge fun carrying out a digestive system experiment where they followed the journey that food takes through the body, using a variety of methods to replicate the various stages - a task they delivered with a certain amount of relish!



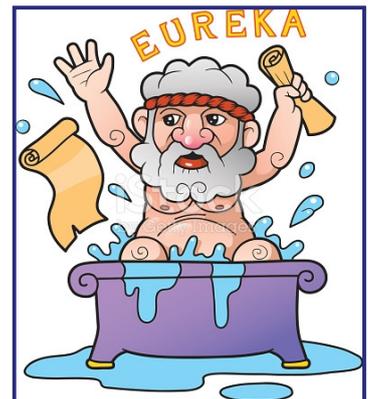
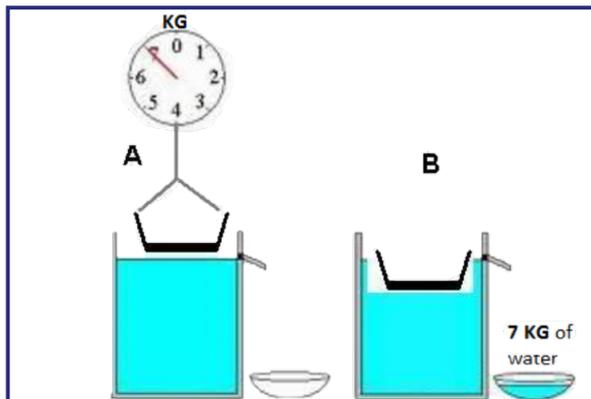
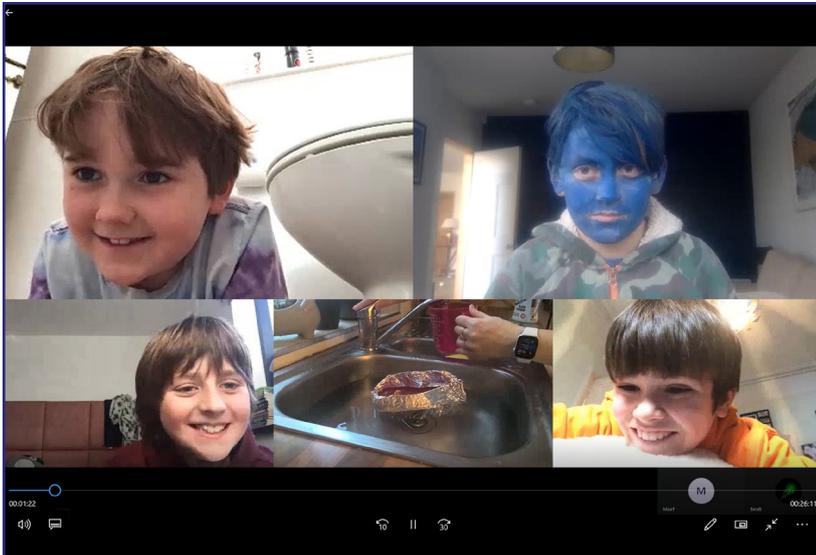
## News from the Prep

### STEM Workshop for Year 5

Year 5 were treated to a virtual STEM workshop from Sea Cadets promoter Suzy Green. Suzy explained the importance of marine engineering and encouraged pupils to choose engineering as a career. STEM skills help us to become better creators, thinkers, problem solvers, doers, innovators and inventors.

The main learning objective of the lesson was to understand buoyancy and density. Density is how we describe the mass of an object in relation to its volume. So if we know the density of water and the density of other substances, we can work out whether their density is greater (so they won't float in water) or lower (and so they will float!). They learned about Archimedes who ran naked through the streets shouting Eureka! after proving how the King of Syracuse had been duped by his goldsmith, who had tried to pass off a gold plated crown as solid gold. Archimedes principle states: 'Any object wholly or partially immersed in a fluid is buoyed up by a force equal to the weight of fluid displaced by the object', which means that a 7kg object needs to displace 7kg of water in order to float.

To put into practice what they had learned about buoyancy and displacement, the pupils were then challenged to build a boat 20cm x 10cm maximum in size capable of carrying the heaviest cargo, out of only one piece of foil, one piece of A4 card and 50cm of sticky tape. Their creations were tested to see firstly whether they would float and secondly how much cargo (in this case marbles) their boats could carry.



## News from the Prep

### Year 6

In the run up to half term, Year 6 have been set the challenge in their English classes of learning and performing their own card or magic trick. From making coins disappear in front of our very eyes, to somehow making cards reappear somewhere else or flip over while still in the pack, the children were amazing performers and showed great skill and dexterity in learning and performing their tricks.



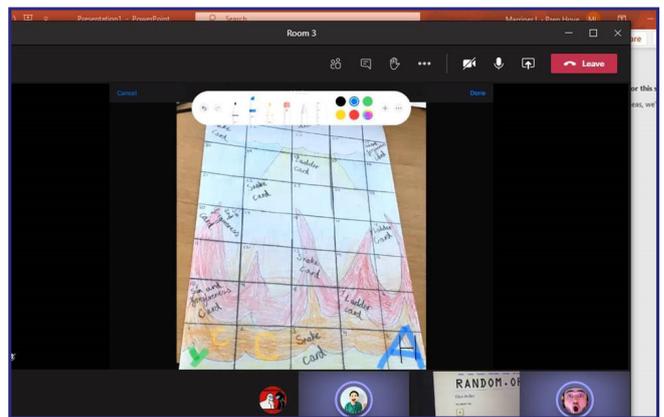
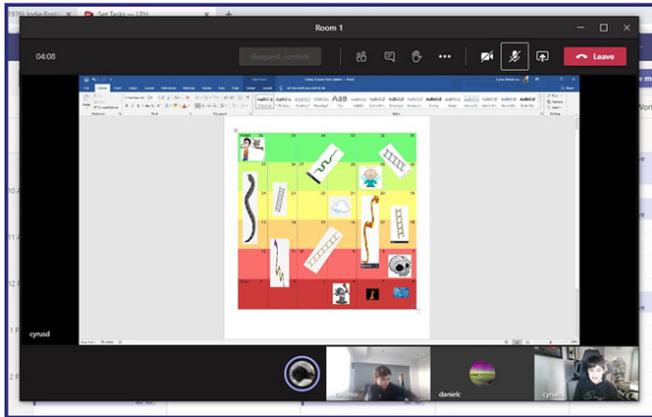
In DT, at the beginning of this term, the Year 6 pupils were given the task of building a bridge from just cardboard and string (they were allowed tape and glue as well). The bridge needed to span a distance of 50cm and be able to hold a minimum of 500g (or approximately a can of beans/tomatoes). The children rose to the occasion and created some terrific structures, and many far exceeded the weight!



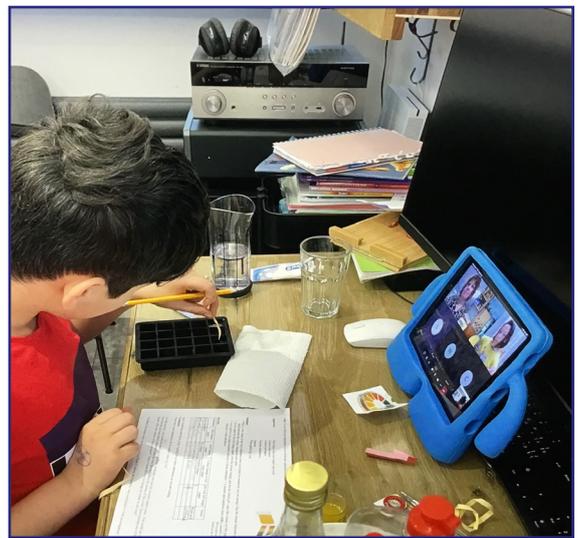
## News from the Prep

### Year 7

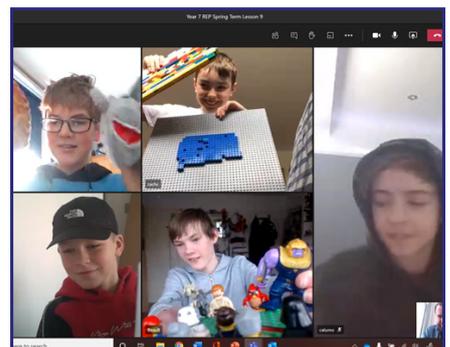
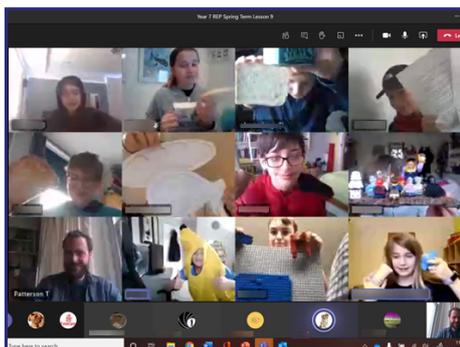
This term's History topic is Medieval Churches and the children have been studying the Seven Deadly Sins and the Seven Heavenly Virtues, and they created their own board games including a few Redemption Cards to help them along the way. They played in small groups using the Breakout Rooms function in Teams and had great fun learning together.



For Chemistry, the pupils were sent a pack of indicator papers home so that they could investigate substances to discover if they were acids or alkalis. Lots of home laboratories were set up to experiment on substances such as vinegar, bicarbonate of soda and tonic water.



In REP this term, Year 7 have been studying the life of Jesus with particular focus on miracles. This week, 7S have been rehearsing performances of the Feeding of the Five Thousand and looking for props of bread and fish around the house.



## News from the Prep

### The Keep Moving Forwards Challenge

We are now into our third week of our latest challenge in supported of our elected charities, Martlets Hospice and Surfers Against Sewage. The 'Keep Moving Forwards' Challenge will encourage pupils, staff and parents to take a break from remote learning and their screens and seek exercise and time outside.

All can be sponsored to scoot, walk or run every day and, using their record charts, perhaps aspire to travel 100km in the coming days and weeks. Pictures from the Pre-Prep are on page 5 of this newsletter and children and staff have already been out getting the kilometres in the bank with Youngs leading the way in the Prep School house competition!



## News from the Prep

### Safer Internet Day - 'An Internet we trust'

This year's Safer Internet Day brought the school together to celebrate the internet and what it provides us. We also continued our discussions around online safety and digital citizenship as we explored this year's theme 'An internet we trust'. Children in all age groups participated in quiz games addressing subjects of information security, online reputation, mental health and reliable and misleading online content. PSHE allowed children in Prep-Prep to share their top tips for online safety while Prep school pupils utilised their critical thinking skills to consider the right course of action in different situations. What would you say in response to one example below?



**You're watching a livestream of a popular gamer. They keep showing a cool new headset they've got and talking about how everyone should have one. They post a link in the chat where you can buy it too. What do you do?**



- A Trust the gamer's advice – they're an expert after all and click on the link to buy it.
- B Do some research and read some reviews to see how other people rate the headset, before buying it.
- C Stick with the headset you already own for now – it works fine, and you'd rather take your time instead of rushing into a new purchase.

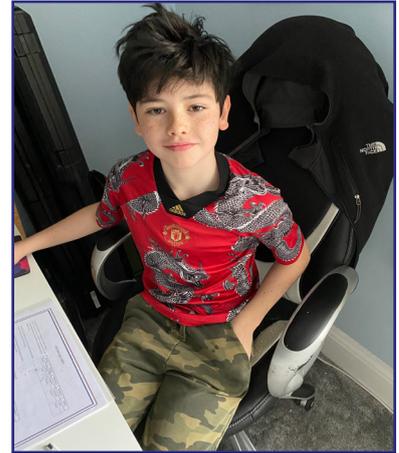
Our pupils in the senior prep years have discussed recent research that suggests that 77% of young people say being online is a more important part of their life than ever before. They also reflected on the fact that 48% of young people are seeing misleading content every day, with more than one in 10 seeing it more than six times a day - often leaving them feeling annoyed, upset, sad, angry, attacked or scared. Our PSHE curriculum will continue to allow for all children to visit learning around digital technologies, every term of the year. In support of our conversations in school, we also strongly urge parents to download the National Online Safety app. With all online safety knowledge available at your fingertips, the NOS app empowers parents and teachers to understand and address online safeguarding risks – anytime, anywhere. The app is packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect your children when they're online. See Page 17 for more tips on Cyber Safety.



## News from the Prep

### Wear Your House Colours with Pride

The last day of term was a celebration of our school community, with children and staff theming their appearance with their House Colours - a joyous riot of colour and a great way to let off steam at the end of this first half of the Spring Term.



## TERM DATES

### SPRING 2021

Term starts Tuesday 5 January 2021

Half Term: from Friday 12 February 2021 usual collection times, restarting on

Monday 22 February 2021

Term ends Wednesday 24 March 2021

### SUMMER 2021

Term starts Monday 19 April 2021

May Bank Holiday Monday 3 May 2021

Half term from Friday 28 May 2021 usual collection times, restarting on

Monday 7 June 2021

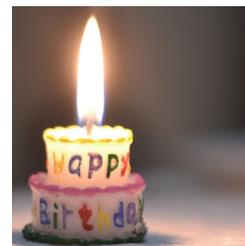
Term ends Wednesday 7 July 2021

## Noticeboard

### Birthdays!

Birthday shout-outs to everyone who has had a birthday since our last newsletter: Ayra P, Isabella V, Noah A, Ryan B, Paul B, Emile F, Freya H H, Edison P, Duke P, Dino W-C, Mabel R, Maia R and George O H, and also to Phoebe A and Edwin Y-D, whose birthdays fall this week. Our apologies if we have missed anyone out!

Celebrity birthdays around this time include Holly Willoughby, Jennifer Aniston, Sheryl Crow, Natalie Dormer (one for any GoT fans out there), Sarah Palin and The Weeknd!



## Calling all stargazers!

See next page for details of the South Downs National Park Dark Skies Festival which is currently underway - Dr Cooper thoroughly recommends it, particularly to pupils in Year 7, as it ties in with their Physics topics!

## Music Department News

February 2021

Our individual music lessons have been continuing online with our team of instrumental teachers. It has been lovely to hear music from the keyworker pupils in school.

Mrs Bunker has also been delighted to hear performances and compositions from many pupils throughout the school. A special mention to the following pupils:

Jethro S for his recording of 'The Gas Man Cometh' by Flanders and Swann.

Zoe B and Hannah Ma for their keyboard performances using an online virtual piano.

Alex L and Arthur B for their compositions using the app Incredibox.

Here is a special musical challenge for this half term: make your own instrument, create a piece with it and send it to me via email. You could make a frying pan banjo with different tensions of strings. Why not have the whole family performing a song together?

Please get in touch if you would like to have a taster music lesson on Teams or to send in a performance:

[nbunker@lancing.org.uk](mailto:nbunker@lancing.org.uk)

SOUTH DOWNS  
DARK SKIES FESTIVAL 2021

# MY DARK SKIES

## PROGRAMME

VIRTUAL EVENT:  
12-28 FEBRUARY

Two weeks celebrating what the night sky means to us and our wildlife

- Take real-time tours of the constellations
- Find out about nocturnal wildlife
- See prize-winning night time photography
- Discover why a new 'rover' is landing on Mars
- Learn how dark skies help our mental well-being
- Download craft activities and colouring sheets
- Enter our 'Big Dark Skies Quiz'

Head to our Facebook Page to join the festival fun



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## WHAT'S ON

### FRIDAY 12 FEBRUARY

▶ 10.00 AM SHORT FILM 'SOUTH DOWNS DARK SKIES FESTIVAL LAUNCH' WITH 'DARK SKIES DAN'

Dan Oakley, Dark Skies Lead for the South Downs National Park welcomes you to this year's festival.

▶ 7.00 PM REAL-TIME TOUR OF THE NIGHT SKY direct from the South Downs Planetarium with Dr John Mason – find out what's going on in the sky tonight!

### SATURDAY 13 FEBRUARY

▶ 10.00 AM SHORT FILM 'EMBRACE THE DARKNESS' – The South Downs National Park's journey to becoming an International Dark Sky Reserve.

### MONDAY 15 FEBRUARY

▶ 5.00 PM FACEBOOK LIVE 'STARGAZING AT HOME' with South Downs National Park Rangers, Charles and Kate, setting up for an evening of stargazing in their back garden and looking at simple things you can do to help nocturnal wildlife.

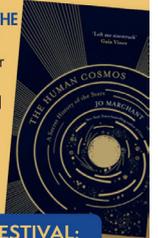


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CHARLES AND KATE

### TUESDAY 16 FEBRUARY

▶ 7.00PM INSTAGRAM LIVE 'THE HUMAN COSMOS – A SECRET HISTORY OF THE STARS' Author Jo Marchant chats to South Downs National Park's Cultural Heritage Lead, Anooosha Rawden, about her new book tracing humanity's enduring relationship with the stars.



### THROUGHOUT THE FESTIVAL:

Watch out for Dan's 'Top Tips for Stargazing' on social media and find out:

- the best way to see the stars
- the right equipment to use, and
- how to photograph them

Go to our **Dark Skies Pinterest Board** for colouring sheets on nocturnal wildlife and the planets, together with craft activities on space.

**Let's get sharing!** – send us your photos or videos of the sky at night or the nocturnal wildlife in your local area.



### WEDNESDAY 17 FEBRUARY

▶ 7.00 PM REAL-TIME TOUR OF THE NIGHT SKY with a focus on Mars ahead of the NASA rover 'Perseverance' landing on Mars (the following day), direct from the South Downs Planetarium with Dr John Mason.

### THURSDAY 18 FEBRUARY

▶ 'PERSEVERANCE' LANDS ON MARS! – follow live on TV.

### FRIDAY 19 FEBRUARY

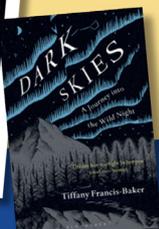
▶ 6.00 PM FACEBOOK LIVE QUESTION AND ANSWER WITH DR JOHN MASON – a chance to ask questions about the Mars landing or any other astronomy related subject.

### SATURDAY 20 FEBRUARY

▶ 10.00 AM SHORT FILM 'MY DARK SKIES – YOUR NATIONAL PARK' featuring author and South Downs National Park Custodian, Tiffany Francis-Baker.



TIFFANY FRANCIS-BAKER



### TUESDAY 23 FEBRUARY

▶ 7.00PM INSTAGRAM LIVE 'DARK SKIES – A JOURNEY INTO THE WILD NIGHT'

Author Tiffany Francis-Baker chats to South Downs National Park's Cultural Heritage Lead, Anooosha Rawden, about exploring the nocturnal landscapes of the South Downs and other places.

### WEDNESDAY 24 FEBRUARY

▶ 7.00 PM REAL-TIME TOUR OF THE NIGHT SKY direct from the South Downs Planetarium with Dr John Mason – find out what's going on in the sky tonight!

### THURSDAY 25 FEBRUARY

▶ 5.15 PM FACEBOOK LIVE 'NOCTURNAL WILDLIFE WALK' with South Downs National Park Ranger, Jan, and Sussex Bat Group's Kim Dawson as they take an evening walk around their local village.

### FRIDAY 26 FEBRUARY

▶ 10.00 AM PHOTO AND FOOTAGE ROUNDUP – a collection of the photos and film clips you have sent us over the festival fortnight.



© Pete Smart

KIM DAWSON

### SATURDAY 27 FEBRUARY

▶ 10.00 AM SHORT FILM 'LET'S TAKE CARE OF OUR DARK SKIES' with South Downs National Park's 'Dark Skies Dan' – what we can all do to keep our wonderful starry skies dark.

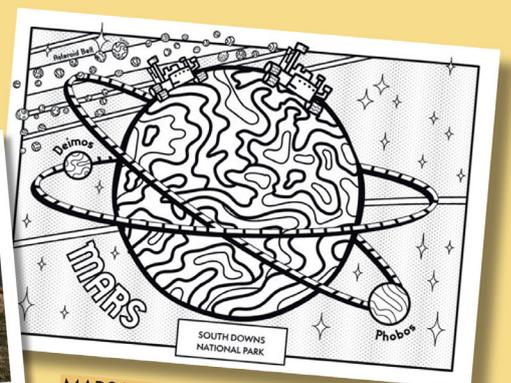
### SUNDAY 28 FEBRUARY

▶ ASTROPHOTOGRAPHY 'PEOPLE'S CHOICE AWARD' VOTING OPENS Visit the **Dark Skies Festival** webpage for more details and updates on the Festival Programme.



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'DARK SKIES DAN' OAKLEY



MARS LANDING COLOURING SHEET FROM OUR PINTEREST BOARD

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SOUTH DOWNS  
NATIONAL PARK  
CELEBRATING 10 YEARS

# 10 Top Tips for ... KEEPING CHILDREN SAFE FROM CYBER CRIME

We all want to continue being informed and inspired by the ever-expanding capabilities of the internet. But we also need to be able to safeguard ourselves against the growing amount of online hazards. Knowing what is fact, understanding what dangers exist and taking appropriate steps can go a long way towards protecting yourself and your family. National Online Safety has collaborated with the Yorkshire and Humber Regional Cyber Crime Unit to compile 10 pointers to help you keep your children safe from cyber crime.

## 1. Spot Phishing Bait

Phishing messages are untargeted mass emails asking for sensitive information (e.g. usernames, passwords, bank details) or encouraging recipients to visit a fake website. It's safest to learn the warning signs of phishing and increase your child's awareness. Too good to be true? Spelling or punctuation errors? Odd sense of urgency? These are all red flags. Don't click on links or follow demands; if you're unsure, contact the official company directly online to enquire further.

## 3. Encourage Strong Passwords

Weak passwords make it faster and easier for someone to gain access to your online accounts or get control of your device – giving them a route to your personal information. For a strong password, national guidance recommends using three random words (e.g. bottlegara geylons). Consider paying for your child to access a password manager. Encourage them to have a separate password for their email account. Ensure the whole family uses two-factor authentication where possible.

## 5. Back up Your Data

Some cyber attacks can lead to the theft or deletion of important (and possibly sensitive) data or loss of files (like photos and videos) that can't be replaced. Backing up your data to the cloud – or to another device – will help prevent data loss if you ever became the victim of a cyber attack. Where possible, set your child's devices to back up automatically. Also encourage them to back up their data prior to installing any updates.

## 7. Take Care When Chatting

Criminals may look to manipulate others online and coerce them into using their talents or cyber skills for unethical means. Try to get your child to be open about who they are talking to online. Communication tools such as Discord are popular among gamers – but be cautious of the other people using them, and ensure you know who your child is chatting with.

## 9. Understand Their Motivations

Those being influenced online to use their skills unethically may display certain key warning signs. Sudden evidence of new-found wealth (unexplained new clothes or devices, for example), secrecy around their online behaviour or boasting of new online friendships are all causes for concern. If in doubt, refer through to your regional cyber crime team.

## 2. Don't Over-Share

Is your child sharing too much on social media? Do they post things about their private life, upload images of your home, or discuss their friendships and relationships online? Criminals will gather this information and may try to use it for identity theft or other offences such as fraud. To combat this, ensure your child's privacy settings mean they are only sharing information with family and close friends. Use parental controls where appropriate.

## 4. Stay Updated

People often put off installing updates to apps or software because they don't feel it's necessary, it can be time consuming, or could cause problems with programmes they rely on. But updates help protect users from recently discovered vulnerabilities to malware. You can usually set them to run automatically – encourage your child to select this option. Ensure updates are installed as soon as possible after you're notified they're available.

## 6. Be Wary of Public WiFi

Free public WiFi is commonplace – but it's often not secure and sends unencrypted data via the network. A hacker on the same network could access personal data (like financial information) without you even realising they'd done so. To avoid this, suggest to your child that they use their 3G or 4G mobile data when they're out and about, rather than free WiFi. Consider purchasing a VPN (Virtual Private Network) where possible.

## 8. Recognise Warning Signs

Often, budding cyber experts will relish the challenge of testing themselves or earning recognition from peers for their exploits. Even principled 'white-hat' hackers will look to test their skills online. If you think your child is interested in hacking, try to understand what their motivation is. You could encourage their participation in ethical competitions such as bug bounties.

## 10. Know the Consequences

Many young people may feel that hacking is essentially a light-hearted prank, and not especially serious. So make sure your child is aware of the implications of a conviction under the Computer Misuse Act – not only the possibility of a criminal record, but also lifelong travel restrictions and damage to their future career or educational prospects.

### Produced in Partnership with

The Yorkshire & Humber Regional Cyber Crime Unit (YHRCCU) works with the National Crime Agency (NCA) and other partners, in the UK and abroad, to investigate and prevent the most serious cyber crime offences.



Yorkshire & Humber  
REGIONAL ORGANISED CRIME UNIT



National  
Online  
Safety

#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.02.2021

# 7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

## 1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.

## 2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

## 3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

## 4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

## 5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

## 6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

## 7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)