



Next week marks the start of Children's Mental Health Week.

**This year's theme is Let's Connect.**

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing.

If our need for a connection isn't met it can leave us feeling lonely, isolated and can have an impact on how we feel about ourselves.

### Let's Connect at Alvanley and Manley Village School

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways. Over the week we will be connecting with each other in the classroom and during PE, connecting with nature and connecting with art and music.

There are some fantastic resources for families on the Place2Be website too.

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