



# OLD PALACE PRIMARY SCHOOL



St Leonard's Street, Bow, London, E3 3BT • Tel: 020 8980 3020  
 Email: admin@oldpalace.towerhamlets.sch.uk • Website: www.oldpalaceprimary.co.uk



Dear Parents/ Carers,

28<sup>th</sup> September 2018

With national statistics showing that around 8000 children under 10 years of age have clinical depression and a further 96,000 children have some form of anxiety disorder, it is very important that Primary Schools help children to learn about mental health and emotional wellbeing. One of the ways in which we do this is by holding an annual Feelings Week.

This year's **Feeling week will take place from Monday 1<sup>st</sup> to Friday 5<sup>th</sup> October**. During the week the children will have an opportunity to discuss a range of feelings and to learn a range of coping strategies to help them deal with strong or uncomfortable feelings. Ground rules will be set to help the children discuss feelings in a safe environment and they will be reminded of sources of help, such as talking to their family and or to adults in school. The timetable is as follows:

	<b>KS1 (Year 1 &amp; 2)</b>	<b>KS2 (Years 3, 4, 5 &amp; 6)</b>
<b>Monday</b>	Introduction Ground Rules & Happy	Introduction & Ground Rules Exploring Feelings Year 3 & 4: lonely, excited, grumpy, disappointed & bored Year 5 & 6: proud, embarrassed, frustrated, vengeful & suspicious
<b>Tuesday</b>	Excited	Intense Feelings & Ways to Cope
<b>Wednesday</b>	Disappointed	Treasure Chest of Coping Strategies
<b>Thursday</b>	Worried	Writing Poetry Related to Feelings
<b>Cool Down Friday</b>	Angry How to ask for help	Angry LKS2 – Worries      UKS2 – Feelings Online

**On Friday we ask that the children wear yellow**, instead of normal school uniform. This is to celebrate 'Cool Down Friday' reminding the children of the importance to reflect and use coping strategies to manage any angry feelings. Also on Friday, we will be holding a special assembly at 10am where each class will share one of the feelings poems that they have created.

Please can you talk to your child/ren about what they have learned each day. Key Stage 2 children will also be given Thursday homework on feelings, which can be discussed with them. The school follows the 'firework model' to support anger management. Please speak to Forida or Shelly if you would like more information about this.



Thank you for your support in helping to make sure all our pupils are able to recognise their feelings and feel confident enough to discuss these and seek help when it is needed.

Yours faithfully

**Head teacher**



Headteacher: Mr G. Palmer BA (Hons)  
 School Business Manager: Michele Walsham