



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity

South Wigston High School, St Thomas Rd, South Wigston, Leicester. LE18 4 TA
www.learningsouthleicestershiressp.org.uk

Dear Parent/Guardian,

This year, Children's Mental Health Week takes place from **9–15 February**, with the theme **"This Is My Place."**

We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

To find out more about the week, visit: www.childrensmentalhealthweek.org.uk

To support Children's Mental Health Week, the **South Leicestershire School Sports Partnership (SLSSP)** has created a resource to help children and young people reflect, connect, and feel supported.

We are asking children to write or draw an example of how they feel included, accepted, and valued within their school community. This might be because they have friends who make them feel welcome, feel listened to by their teacher, or see their culture being celebrated. When all these examples are linked together, they will create a **class belonging chain**. We want every child to feel that they belong at school and can proudly say, **"This Is My Place."**

You may also like to get involved at home by encouraging your child to create a belonging chain that includes places or groups where they feel they belong. This could include their family, sports team, or dance school.

Get involved on social media!

We're encouraging parents, schools and teachers to share the finished resources with us at SLSSP. Tag us using the hashtag **#ThisIsMyPlace**. Every post will be entered into a prize draw to **win Amazon vouchers**. Let's flood social media and connect with others during Children's Mental Health Week 2025!

Throughout the week, SLSSP will also be sharing **mental wellbeing tips, useful contacts, advice, and support** across our social media channels—so be sure to follow and check them out.

Your Sincerely,

Lucy Harrison

South Leicestershire School Sports Partnership

