

**Wendy Walters** BA (Hons) MA  
Academy Principal

Chatham Grammar  
Rainham Road  
Chatham  
Kent  
ME5 7EH

T : 01634 851262  
E : OfficeCG@universityofkentacademiestrust.org.uk  
W : www.chathamgrammar.org.uk

A University of Kent Academies Trust School

Friday 4th February 2022

Dear Parents/Carers

### **Children's Mental Health Week – Growing Together**

The charity Place2Be have been running themed Children's Mental Health Weeks for several years. This year's theme is Growing Together. We will be carrying out events throughout next week in the Academy to support this theme.

Place2Be's website carries this message:

"Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

As parents and carers, you play an important role in your child's mental health. Check out our free resources for families below".

We have added the Pace2Be links plus a couple other potential resources/support. Please remember we are also always here to support your child or you as a family.

- <https://parentingsmart.place2be.org.uk/>
- <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>
- [https://www.medway.gov.uk/info/200231/mental\\_wellbeing/569/healthy\\_mind](https://www.medway.gov.uk/info/200231/mental_wellbeing/569/healthy_mind)
- <https://www.kmpt.nhs.uk/need-help/>

Yours sincerely,

Paula Knight and Katy Lutz  
Designated Safeguarding Leads