



The Ryde School

Pleasant Rise, Hatfield, Herts, AL9 5DR

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Headteacher: Mrs Sue Thompson

Friday 3rd February 2023

Dear Parents and Carers

Feeling Good Week

Feeling Good Week is a Hertfordshire wide event that encourages schools to promote children's emotional wellbeing. Awareness of mental health and where help can be found will be discussed with children.

The theme this year is: **Be kind and Connect**

The staff have planned a series of activities for the week:

- Monday: to work on Zones of Regulation (we are working on a letter explaining the Zones of Regulation to parents as these are new to the school. They help children to try to regulate their emotions)
- Tuesday: Safer Internet day – to raise awareness of online safety and help children keep themselves safe online
- Wednesday: Odd Socks Day – anti-bullying theme to encourage children to express themselves and celebrate their individuality and what makes us all unique!
- Friday: Mental Health Day – 5 Ways to Wellbeing

We hope your children will all benefit from these extra activities next week.

If you have any questions about this activity, please contact the school office.

Yours sincerely