

Children's Mental Health Week

The official theme for Children's Mental Health Week 2026 is 'This is My Place'

Each year, Place2Be experts create fun and engaging resources for families, parents and carers to take part in Children's Mental Health Week.



And to mark Children's Mental Health Awareness week, this month's book recommendation from our librarian, Mrs Hampshire is:



The Grand Hotel of Feelings by Lidia Brankovic, a thoughtful, beautifully illustrated book about all the different feelings that check into the hotel. Lots of alien-looking characters such as sadness, anger, peace, gratitude, come to visit, and the book aims to help children understand and accept the different emotions that they experience.

This book will be on display in the library this month.

February's FACE Workshops

Live talks coming up next!

All of the following are delivered live online by FACE Lead Facilitator, Jane Keyworth

10:00 -11:30 and 19:00 - 20:30 (GMT) £24 each or FREE with School Membership, when using our school code which can be found in your school email sent on 28/01/26

If you can't make the date ask for the link to the recording, available for 48 hours afterwards.

FACE FEBRUARY 2026 Timetable	
All sessions delivered live online via zoom, 30 minutes long	
£24 each or FREE with School Membership	
Book online at facefamilyadvice.co.uk	
Recordings available for 48 hours (excluding Free Talk)	
Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
FREE - Reducing the Harm from Screens	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm

CLICK HERE

Time To Talk Day- 5th

Safer Internet Day- 10th

Children's Mental Health Week- 9th-15th

Random Acts of Kindness Week- 14th-20th



Safer Internet Day

We believe all parents, carers and students should be empowered with the all the information needed to have informed and age-appropriate conversations about online safety.

Wake up Wednesday is a platform dedicated to providing hints and tips which focus on specific risks to be aware of in this modern world. Safety Posters can be found on our school website for specific details about apps and games.



Parenting Puzzle Workshops



DON'T FORGET



Our FREE 4 Week course returns;
Tuesday 24th February - Tuesday 17th March
5-7pm

At Halterworth Primary School

Email L.gradidge@UWINAT.co.uk to book your space TODAY!



Don't Forget the Happiness Calendar... Which has some great suggestions for Random Acts of Kindness Week!

With Warm Wishes,

Laura Gradidge-Family Wellbeing Coordinator