



# Roehampton Church School

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Monday 11<sup>th</sup> May 2020

Dear Parents/Carers,

We hope that you are all well and are staying safe, we miss all of you very much and are looking forward to the day that we will all be back together again.

As some of you may know next week is Mental Health Awareness Week (18<sup>th</sup> May – 24<sup>th</sup> May). Our mental health is extremely important, particularly at the moment when we are in quite difficult and challenging circumstances. The theme of the week is 'Kindness' and we would like the children to take part in this (and parents/carers too!). Being kind to one another makes us all feel better and has a positive effect on our mental health.

We are asking that you take part in two activities which are hopefully very manageable from home.

1. Perform an act of kindness for example make a drink for your parents or someone in your home, clean your bedroom, make a card for someone, call a relative, tell your family you love them, give your parent/carer or sibling a hug.
2. Think about what we can do to make the world a kinder place. We would suggest that older children could respond by writing down their ideas. Younger children could draw pictures and then an adult could label the picture and/or could write down your child's thoughts.

We would also love to see what your children are doing and would love for you to send in and share any videos of your child being kind, any writing, pictures etc... to the school's email address: [info@roehampton.wandsworth.sch.uk](mailto:info@roehampton.wandsworth.sch.uk).

All of the staff at Roehampton Church School miss the children so much and we love hearing and seeing what you have been doing so do please send in what you can if you are able to.

Take care and keep safe and thank you for all of your support,

Ms. Rochester & Ms. Graham

