



Longmeadow Primary School

Executive Headteacher: Mr Toby Mills-Bishop

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18th November 2022

Just Talk Week 2022

Dear Parents and Carers,

I hope you are well.

Hertfordshire County Council's annual "Just Talk" campaign begins on Monday 21st November 2022. Just talk is Hertfordshire's mental health and wellbeing programme steered by young people and delivered to share consistent information and resources for young people, parents/carers and professionals.

Each year there is a campaign week to focus on a key theme that is affecting young people. This years theme is **look beneath the surface**.

As part of this campaign week, the message that we wish to get across is that we should not be so quick to judge others. We are all different and unique and that is the one thing we all have in common, so we should be more tolerant and understanding of each other, as you never know what challenges someone else may be facing.

Throughout the week, during PSHE time, the children will be completing a range of different activities focusing on the above theme within their classes.

The resources the children will be completing can be found online at www.justtalkherts.org if you wish to have a look or access any support or advice yourselves.

There will be posters in the office explaining more about the campaign so please do take some time to have a look if you would like further support or advice for your own, or your child's mental health.

We look forward to completing the work with the children next week.

If you have any further questions, please do not hesitate to contact me on bjennison@longmeadow.herts.sch.uk.

Best Wishes,

Brogan Jennison

School Family Worker
Longmeadow Primary School