



Knightsfield School  
SPRING TERM  
FEBRUARY 2026

# Mental Health Newsletter

## CHILDREN'S MENTAL HEALTH WEEK

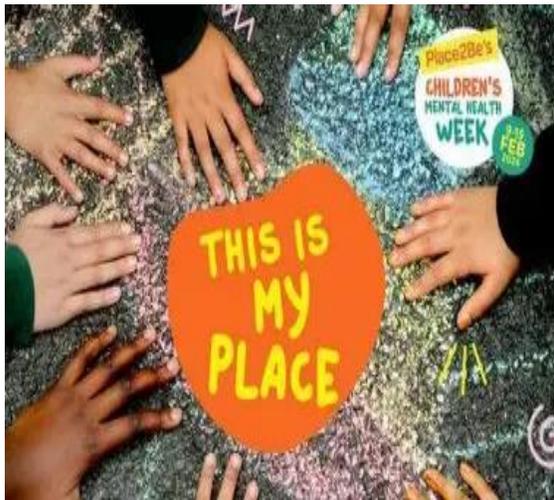
This week is Children's Mental Health Week, promoted by the UK children's charity Place2Be.

FIND OUT MORE ON PAGE 2



## WELCOME

There's a definite buzz in the air as we busily prepare for our Theatre Performance of 'The Scottish Play' but dare we say it's not the only event on our minds... This week is Children's Mental Health Week (CMHW), an annual event led by the UK children's charity Place2Be.



## THIS IS MY PLACE

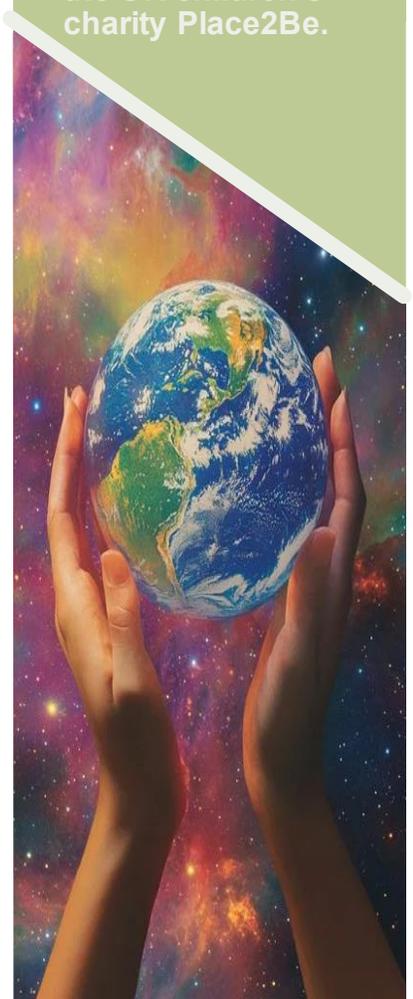
Have you ever thought about why certain places are important to you or why they may feel like home? Find out what our students have been reflecting on during Children's Mental Health Week.

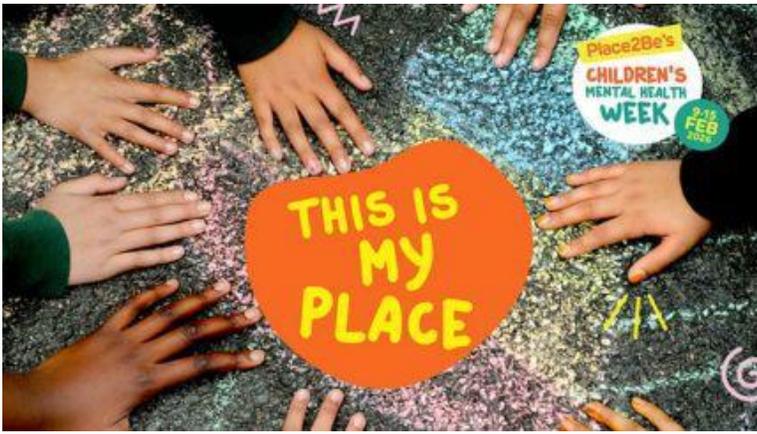
MORE ON PAGE 2

## WHAT DOES BELONGING MEAN TO YOU?

A sense of belonging contributes to positive mental health and wellbeing.

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# CMHW 2026

## This is my place

This year's theme for CMHW is 'This is my place', which links to the aspect of connection in the Five Ways to Wellbeing. It serves as an opportunity for children and young adults to explore their sense of belonging by recognising existing connections they have and reflecting upon where they feel valued, included and nurtured.

According to Place2Be, 'We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference'.

In dedicated sessions this week, each student had the opportunity to explore places that are special to them. They participated in group discussions to reflect on what belonging meant to them and also considered wider social skills of ways to include those who may feel like they don't belong.

Students have produced some heartfelt pieces of work that conveyed the importance of their respective places which ranged from their own homes and grandparent's homes abroad to places of worship, their gardens, stables they volunteer at or community groups they are part of.





‘Hiraeth’ is  
the Welsh  
word for that  
sense of  
belonging

## WHAT DOES **BELONGING** MEAN TO YOU?

### **NEW WORD!**

Mrs Dixon shared the Welsh word, ‘Hiraeth’, which encompasses the sense of belonging and home that is so pertinent to this week’s theme.

In discussions with students about why they felt connected to their chosen place, they said:

‘This is my place because I can be myself, express myself freely, without being judged’.

‘People here treat me kindly, they accept me as I am’.

‘I am always safe and protected with my family’.

‘No matter what is going on, this is the place where I feel calm and relaxed’.

Students realised the importance of having spaces that offered support, safety and comfort as well as the need to be inclusive and accepting of others.

### **How a sense of belonging contributes to our mental health and wellbeing:**

**Emotional core:** If we are able to express ourselves authentically, with acceptance, it provides a feeling of security and comfort.

**Two-way process:** Belonging is built on relationships where care is reciprocal.

**More than ‘fitting in’:** Rather than having to adapt to feel included, real belonging stems from being valued for who we are.

**Diverse places:** Belonging impacts all areas of our lives because it is shaped by the connections we make and by our environment.

**Promoting belonging:** We can nurture a sense of belonging through a consistent approach where people feel cared for, seen and valued. This helps to promote feelings of safety and ease.

## In other news:

Here's a reminder that Hertfordshire County Council has launched a new site called Herts Hub, for advice, self-help and information about mental health and emotional wellbeing services. It can be found via this link: <https://hertshub.co.uk>

Also, if you'd like to find out more about Mental Health and Wellbeing services in your local area, please take a look at the Mental Health Portal on our school website, the link is below, which contains links to mental health and wellbeing resources for each home borough of our students.

[Mental Health & Wellbeing Portal](#)

### For more information, please visit:

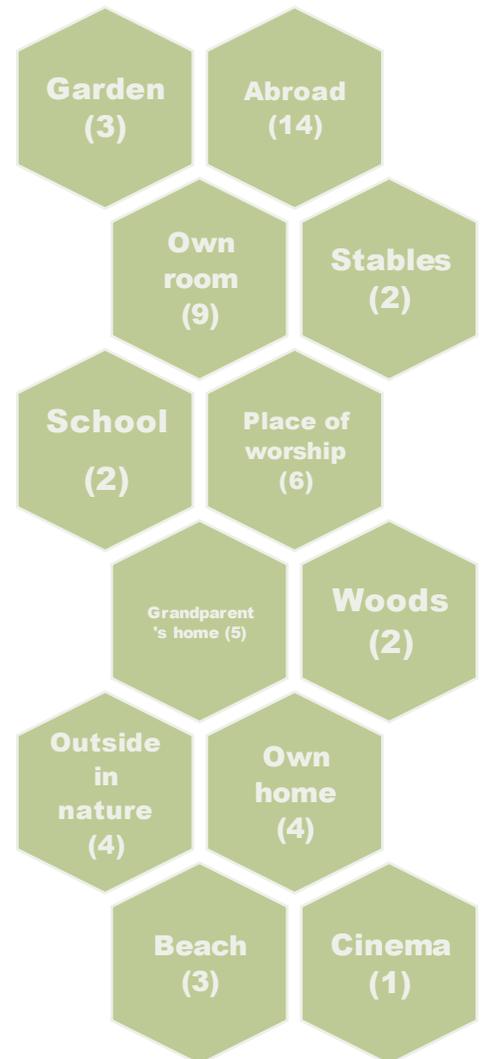
[Place2Be's Children's Mental Health Week - Official site](#)

[This is My Place: Art Activity](#)

[Children's Mental Health Week 2026: All you need to know - BBC Newsround](#)

We wish you a safe and peaceful half-term and look forward to being in touch with you again at Easter.

## SOME OF OUR SPECIAL PLACES



Can you guess who is in the photo below?

