

Courthill Infant School

Courthill Road, Parkstone, Poole BH14 9HL

☎ 01202 747381

e-mail: office@courthill.coastalpartnership.co.uk

website: www.courthillinfants.co.uk

Headteacher: Mrs Alison Carter



6th February 2026

Dear Parents / Carers,

Next week at Courthill, we will be taking part in Children's Mental Health Week and Safer Internet Day. **Children's Mental Health Week will run all week**, and **Safer Internet Day will take place on Tuesday 10th February**.

To inform the children about this, they will have an assembly to launch both themes. Throughout the week, children will also take part in a range of classroom activities linked to both events.

All learning and discussions will be age-appropriate and carefully tailored to ensure the content is relevant and meaningful for the children.

The theme for Children's Mental Health Week is '**This Is My Place**'. During the week, we will be exploring how having a sense of belonging – at school, at home and within our community – is important for positive mental health and wellbeing.

For Safer Internet Day, the theme is '**Smart Tech, Safe Choices**'. This will focus on helping children understand **safe and responsible use of technology**, including an introduction to how **artificial intelligence (AI)** is used and how to make sensible choices when using digital tools.

We look forward to sharing these important messages with the children, and helping them develop the skills and understanding they need to feel safe, confident and supported, both in the real world and in the digital world.

Thank you for your continued support.

Mrs Churchill
Online Safety Lead,
Senior Mental Health Lead



the sandwell well-being charter mark



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2023 - 2024



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