



Aston Fields Middle School

Striving for Excellence: Learning for Life

February 2026

Dear Parents/Carers,

Children's Mental Health Week and Safer Internet Day

February has been a busy time in school, where we have recognised both of these significant annual dates with our pupils and we wanted to inform you about these and offer further support for your families with resources you can access at home to continue to help your children.

Children's Mental Health Week

During the week of 9th -13th February, we recognised Children's Mental Health Week. This is organised nationally by Place2Be, a children's mental health charity that aims to provide counselling, training and education for children and families as they learn more about the importance of our emotional wellbeing and develop an awareness of how and where to find support when needed.

This year the theme has been **This is My Place**, encouraging the pupils to identify groups that they belong to through friendships and families, at home and school and the wider community. We have explored how our own actions can make others feel that they belong and how feeling welcomed plays a vital role in our mental health and wellbeing. We have participated in assemblies during the week prior to this and also explored themes further in class discussions and activities. We hope the attached information for families will help you to discuss this further with your family and friends.

Safer Internet Day

This was recognised nationally on 10th February, organised by the UK Safer Internet Centre. It is the UK's biggest celebration of online safety and strives to raise awareness of the things young people are seeing and experiencing online, in an ever-changing world.

This year the theme has been **Smart tech, safe choices – exploring the safe and responsible use of AI**. During this week the children have all been presented with the theme in assembly and challenged to consider the positive use of Artificial Intelligence and how it can advance understanding in areas such as the medical world and environmental issues, whilst highlighting the problems it may cause through irresponsible use which can cause upset or worry in young people and adults, considering issues such as misinformation through fake news and images.

Below is a link to the UK Safer Internet Centre's website where you can find tips for parents and carers about how to keep our loved ones safe online, as well as understanding more about AI.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

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ACE School of
CHARACTER

Headteacher: Mrs A. Hales BSc (Hons), PGCE, NPQH
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We have also attached fact sheets about how to support the safe use of AI and how to support our children's wellbeing when considering their use of digital devices.

We hope you will find all these resources helpful as we work together to continue to protect and educate our children to keep themselves and others safe, happy and well. If we can be of any further help with more resources, please do not hesitate to contact me.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'H. Mynott', with a stylized flourish at the end.

Mrs Mynott
Assistant Headteacher
Designated Safeguarding Lead/ Senior Mental Health Lead