



Hamp Nursery and Infants' School
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Dear Parents/Carers

Today, in school, we have been using the NSPCC “Talk Pants” resources with all classes. These age-appropriate resources have been developed with children, parents, carers and teachers, by the NSPCC to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried. I have included a screenshot of the main rules from the website, [nspcc.org.uk](https://www.nspcc.org.uk) and you can view the resources including the “Pantosaurus” song on their website; but please speak to class teachers if you have any worries or questions.

What are the PANTS rules?
Talking to children about their body



Privates are private	+
Always remember your body belongs to you	+
No means no	+
Talk about secrets that upset you	+
Speak up, someone can help	+

Next week, we are really looking forward to a very busy and exciting week in school, as we celebrate our **whole-school theme week**. This will include a special focus on **Children's Mental Health Week** (9th–15th February 2026), led by the charity *Place2Be*, with this year's theme "**This is My Place.**" The theme highlights the importance of belonging in supporting children's wellbeing and encourages schools, families and communities to create environments where children feel safe, valued, understood and connected.

Alongside this important focus, children will also be enjoying learning activities linked to **Chinese New Year, Shrove Tuesday, Safer Internet Day** and **Valentine's Day**, making it a week full of meaningful learning, celebration and fun.

To kick-start our theme week, we are having a "**dress to express**" day on Monday 9th, where children can come to school and nursery in whatever is their favourite choice – in the past we've had princess dresses, dinosaur and mermaid costumes, football or judo kits, shirts and ties, jeans and t-shirts, we've had pyjamas and slippers, fairy wings, wigs, a robot made out of cardboard and face-paints! Please don't panic and buy anything new, we will also have lots of children who just like to come in their home clothes of jeans or leggings with a favourite t-shirt or top! Everything is celebrated and it really is up to the children to choose (but safe footwear please).

Generally, the staff all join in with this day so don't be surprised if we look a little less formal than usual. We've had netball kits, yoga outfits, inflatable dinosaurs, horse-riding gear, but often lots of jeans! Parents are welcome to join in too!

There is no charge for this event, but we will gratefully receive any donations for our sharing sheds that you are able to make.

As part of Tuesday's "Safer Internet day", the children will be exploring the theme of **Smart tech, safe choices**. The Year One and Two classes will complete a survey here in school with their teachers, but for the Reception classes, this needs to be completed at home. The Reception children will bring home their survey today, please complete it with your child and return it to school on Tuesday morning. Thank you.

As always, please let us know if you have any questions or need any further support.

Yours sincerely



Mary Weatherburn
Headteacher