

St Joseph's Catholic Primary School

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Dear Parents,

At St Josephs, we are committed to providing your children with lots of opportunities for creative expression. We are introducing journaling as a way for children to express themselves, boost their self-esteem and mental wellbeing, and provide them with opportunity for the development of their writing skills. It's a simple yet powerful tool that can significantly contribute to your child's growth both in English and with their mental health.

Journaling is more than just putting pen to paper; it is a journey of self-discovery, personal expression, and emotional well-being. Your child can use any notebook to start their journal, and are encouraged to bring it in to school every day. Here are some of the key benefits of incorporating journaling into your child's routine:

1. **Emotional Regulation:** Encouraging your child to express their thoughts and emotions on paper fosters emotional intelligence. Journaling provides a safe space for them to explore and understand their feelings, promoting better emotional regulation.
2. **Improved Communication Skills:** Writing regularly in a journal helps enhance communication skills. It enables children to articulate their ideas, thoughts, and experiences more effectively, translating into improved verbal communication skills.
3. **Enhanced Self-Reflection:** Journaling promotes self-reflection by encouraging children to think about their actions, choices, and personal growth. This self-awareness is crucial for their development and helps build a strong sense of identity.
4. **Boosted Creativity:** Writing in a journal stimulates creativity. Whether it's through storytelling, poetry, or drawing, journaling allows children to unleash their imagination and explore their creative potential.
5. **Academic Benefits:** Regular writing practice improves literacy skills, spelling, and vocabulary. Additionally, journaling helps students organize their thoughts and ideas, which can positively impact their academic performance.
6. **Stress Reduction:** In the fast-paced world we live in, children may experience stress and anxiety. Journaling provides a healthy outlet for them to release pent-up emotions, ultimately contributing to stress reduction and improved mental well-being.

7. **Goal Setting and Planning:** Encouraging your child to set goals and jot down plans in a journal fosters a sense of responsibility and organization. This habit can be a valuable asset throughout their academic journey and beyond.

There is no need for you as parents to check the journal, but instead engage in conversations with your child about what they are creating in them and offer encouragement. We hope this is seen not as an additional homework task but rather becomes a tool for personal growth and development.

Thank you for your continued partnership.

Warm regards,



Mrs C Walker
Headteacher

