



Archdiocese of Birmingham
Our Lady of Grace Catholic Academy
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Friday 2nd February 2024

Dear Parents / Carers,

Week commencing Monday 5th February is National Children's Mental Health Week. This year's theme is '**Our Voice Matters.**' We will be thinking about how we can empower children and young people by providing them with the tools they need to express themselves.

The children will talk about and take part in activities regarding mental health throughout the week:

Monday 5th – The week will begin with the school council leading an assembly on the importance of mental health, and what they can do to be healthy.

Wednesday 7th – Well-being Wednesday. The children will vote for their own wellbeing afternoon activity to support mental health and wellbeing.

Friday 9th – The children will come to school 'Dressed to Express'. Children can bring a £1 to school to wear their favourite colour, a range of colours or a whole unique outfit to express how they are feeling. All proceeds will go to the children's mental health charity 'Place2Be'.

In addition to this, following the KSI class assembly, each individual class will share a piece of work about how they have participated in Children's Mental Health Week.

Place2Be believe every child should have easy access to mental health support whenever they need it. As a charity, Place2Be rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

Thank you for your continued support

Mrs Stonier

Assistant Principal

