



Friday 30<sup>th</sup> January

### **Children's Mental Health Week**

Dear Parents / Carers

Week commencing Monday 9<sup>th</sup> February is Children's National Mental Health Week. This year the charity 'Place2Be' will aim to support the groups and systems surrounding our children. They are encouraging peers, families, schools and communities to create inclusive and nurturing environments, where children and young people feel they belong and can say "This is My Place".

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

**Monday 9<sup>th</sup>** – 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 11<sup>th</sup>** – Well-being Wednesday! There will be a number of activities happening to support children's mental wellbeing. The children will give their suggestions and classes will vote at the beginning of the week for their own wellbeing activities.

**Friday 13<sup>th</sup>**- Dress to express day

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'.**

As part of Children's Mental Health Week, we would also like to encourage families to spend time together away from electronic devices. Here are some ideas you could take part in:

- Get creative and make artwork or crafts from items already in your home.
- Cook a meal together while dancing in the kitchen.
- Colour
- Play a board game
- Go for a walk

Further ideas and information regarding how to support your child with their Mental Health can be found on the following website.

[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

Thank you for your continued support

Mrs Davis

Head of School

