

2<sup>nd</sup> February 2022

Dear Parents / Carers

## Children's Mental Health Week



Next week is Children's Mental Health Week 7<sup>th</sup> – 13<sup>th</sup> February. To celebrate this and to raise awareness of Children's Mental Health, we will be working as a school to raise awareness of the importance of a healthy mind and wellbeing and we will be ending the week by having a non uniform day on Friday 11<sup>th</sup> February.

The theme of this year's Children's Mental Health Week is **Growing Together**

**Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

As parents and carers, you play an important role in your child's mental health. We believe that children should not have to face mental health problems alone.

We are asking everyone in school to join in and **Dress to Express!** Wear your favourite colour or even colours! There are NO rules, just wear something that makes YOU happy. Express yourself in your clothing and hair styles

As a school we will be taking part in some well-being activities in school throughout the week to promote this with the children. There is no donation needed for this day.

Yours sincerely



Lindsey Corbett  
Principal

