



31<sup>st</sup> January 2024

Dear Children, Parents and Carers,

As you may be aware, next week is Children's Mental Health Week. The children will be taking part in an assembly *and* Relationship, Health and Education lessons to ensure they are knowledgeable about positive friendships, acceptable and unacceptable behaviour towards others, what to do if they ever feel unsafe and how to report any worries they have in school.

#### WHAT IS CHILDREN'S MENTAL HEALTH WEEK?

Children's Mental Health Week exists to **empower, equip and give voice to every child in the UK**. This year's theme is 'My Voice Matters' which encompasses that every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

On **Monday 5<sup>th</sup> February**, the children are invited to dress in non-uniform for a voluntary donation of £1 to celebrate '**Express Yourself Day**'. The funds raised will be put towards resources in school to support children's mental health and wellbeing. As part of your outfit, please wear clothes that express your uniqueness and individuality! Let your inner disco diva shine, showcase your favourite colours, unleash your artistic energy, show your team spirit with your favourite team's kit or maybe come as you are and wear your comfiest clothes!

1 in 6 children and young people now have a diagnosable mental health condition and the day sends an important message that children should be allowed to be themselves, feel empowered, have their voice heard and know that they're not alone.

Please put this date in your diary and get planning your fabulous outfits! We know our fundraising will really make a difference to others.

Best wishes,

Mrs Hart

