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Children's Mental Health Week 6th Feb – 10th February

Dress to Express Day – Wednesday 8th February

Dear Parents/ Carers,

The theme of this year's Children's Mental Health Week is **Let's Connect**.

Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.

As parents and carers, you play an important role in your child's mental health.

You can access Place2Be's **free resources** for families using the website link below.

<https://www.childrensmentalhealthweek.org.uk/families/>

As part of this week, we are holding a 'Dress to Express' Day on Wednesday 8th February 2023, in which we hope to raise some much-needed funds for Place2Be, which is the charity supporting children and young people's mental health.

We are asking each child to make a donation of £1. All monies raised will be donated to Place2Be to support children all over the country who desperately need support with their mental health.

Dress to Express Day is an opportunity for self-expression and celebrating a diverse range of emotions.

The children can come to school wearing something they can express themselves in – it may be their favourite top, trousers, shoes, a favourite colour or it may be a unique outfit or costume. The idea is that whatever the children wear, it is encouraging them to express how they're feeling. The clothes/ colours/ costumes can be as simple or as elaborate as you like!

We hope that all children will get involved, 'Dress to Express' and support this amazing charity!

Kind regards,

Miss Holt
Head of School