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Place2Be's Children's Mental Health Week - 5th Feb – 9th Feb

Dress to Express Day – Friday 9th February

Dear Parents/ Carers,

Next week is Place2Be's Children's Mental Health Week. The theme of this year's Children's Mental Health Week is **My Voice Matters**.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

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/schools/primary-age-activities/#resources>

As part of this week, we are holding a 'Dress to Express' Day on Friday 9th 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



Headteacher: Mrs H Eken
Heads of School: Mrs F Davies & Miss A Holt
Chair of Governors: Professor Will Swan

