



Wednesday 3rd February 2021

Dear Parents

Children's Mental Health and Wellbeing Week

This week is Children's Mental Health and Wellbeing Week. The theme for this year is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas through creativity. It is about finding a way to show who you are and how you see the world; all which can help you feel good about yourself.

This Friday (5th February) we would like the children, whether at school or at home, in a choice of clothing as a way of expressing themselves. It could be their favourite outfit or colours; maybe their favourite costume.

If you would like more information about Children's Mental Health and Wellbeing, check out some free resources at <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>.



[Parents and Carers - Children's Mental Health Week 2021](https://www.childrensmentalhealthweek.org.uk/parents-and-carers/)

Parents & Carers. The theme of this year's Children's Mental Health Week is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.
www.childrensmentalhealthweek.org.uk

Thank you for your continued support.

Yours sincerely

Mr D Kite
Principal