

Dear Parent/ Carer,

Children's Mental Health Week 2023 – Let's Connect



Next week we will be taking part in Children's Mental Health Week. This year's theme is **Let's Connect**

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

The children will have a Personal Development lesson every day during this week. They will be focusing on understanding their own and others mental health. They will be learning about this through a mixture of discussion tasks, practical activities and games.

On Friday 11th February, the week will culminate with pupils and staff being asked to help raise awareness by attending school DRESSED TO EXPRESS! This could be through their favourite colours, hairstyle, favourite sports kit, fancy dress, party clothes ... whatever your child wants to wear as an expression of themselves.

If your child would like to join us for Dress to Express day on Friday, 10th February 2023 and you would like to make a donation to Place 2 Be then please bring in a cash contribution of your choice on Friday.

Place 2Be offer support to children that are struggling with their mental health. Half of all mental health problems are established by the age of 14 and Place 2Be provide early support for children that need it. For information on the work that they do see: <https://www.place2be.org.uk/about-us/our-work/our-approach/or>

Kind Regards

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