



Dear Parent/ Carer,

### **Children's Mental Health Week 2024 – My Voice Matters**

Next week we will be taking part in Children's Mental Health Week.

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 9<sup>th</sup> February, the week will culminate with pupils and staff being asked to help raise awareness by attending school through EXPRESSING THEMSELVES. 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. Children still need to wear sensible foot wear (no heels, Heelies or open toes) in order to be safe around school. Children are welcome to wear school uniform if they would prefer.

If your child has PE please ensure that they are wearing suitable clothing and footwear in order to participate in their lesson safely.

If you would like to make a donation to Place 2 Be then please send your child in with a cash contribution of your choice on that day.

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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