



January 31st 2021

Dear Parents/Carers,

From 1-7 February 2021, we're taking part in Place2Be's Children's Mental Health Week. This year's theme is Express Yourself. We will be exploring the different ways that we can share our thoughts, feelings and ideas. We will be promoting this important topic by asking your child to take part in the following activities:

- 'Dress to Express'- Monday 1st February. We would like children (in school and at home), parents and staff to use colour to express themselves; you might choose to wear your favourite colour or a range of colours to express how you are feeling. We would love you to post a photo of yourselves on Dojo.
- Assemblies throughout the week, focused on Mental Health
- A live lesson, promoting Mental Health
- Follow-up activities as part of their class work.

We will also be sharing supporting resources with parents throughout the week on our school website and social media feeds.

When the children take part in any of the above activities, they will be rewarded with one of our Resilience Rainbow stickers, which will be posted on their Dojo profile. The theme 'Express Yourself' links to our 'Core Self-Know and Understand Yourself' part of our Resilience Rainbow.



Thank you for your continuing support.

Elaine Wagg