



Longstone CE (VA) School

The Cross

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Interim Headteacher: Mrs Sophie Rawding

Friday 26<sup>th</sup> January 2024

### **Children's Mental Health Week**

Dear Parents and Carers,

Children's Mental Health Week is taking place from 5<sup>th</sup>-11<sup>th</sup> February and is an opportunity for us to shine a spotlight on and raise awareness for young people's mental health.



This year's theme is 'My Voice Matters'. Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

Throughout the week the children will be engaging in an array of activities designed to benefit and improve their mental wellbeing. The attached program shows you what exciting activities we have planned.

On Monday, there will be a cake sale to raise money for Place2Be's Children's Mental Health Week. We invite you to bake or donate some cakes or biscuits to sell in school at break time on Monday. These will be on sale for 50p each. Please bring them to school on the morning of Monday 5<sup>th</sup> February.

The week will come to an end with an optional dress up day on Friday 9<sup>th</sup> February, where children are invited to **Dress to Express!** Children are invited to express themselves by wearing a colourful outfit or an outfit of their choice to express themselves. The outfits can be as wild and wacky as you like. It is a chance to EXPRESS YOURSELF!

For more information on how you can support your child's mental health please see our school website and the attached tips for Parents and Carers from Children's Mental Health charity 'Place2be'.

Yours Sincerely,

Hannah Fox

PSHE Leader