



Monday 29th January 2024

Dear Parent/Carers,

Next week is Children's Mental Health Week. We will be talking to the children about how to look after their mental health and ways they can feel good about themselves. This year, we want all of our children to be able to say 'My Voice Matters'.

Children's Mental Health Week is run by Place2be, a children and young people's mental health charity who provide mental health support in schools.

On Friday 9th February, to celebrate Children's Mental Health week, the children can come to school wearing one orange or green thing with their school uniform. Please bring £1 to school to support the work of Place2be.

Attached to this email you will find some tips and hints for how to talk to your child about mental health. Please do take the time to read this and spend some time talking with your child. Place2be also has practical trips to support children's wellbeing here: [Place2Be: Parenting Smart: Articles](#).

Best wishes,

*Clairefrehella*

Claire Trehella

Deputy headteacher