



Learning, Values, Achievement

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Wednesday 22nd January 2025

Dear Parents/Carers,

Re: children's Mental Health week

As you may be aware children's Mental Health week is taking place 3rd – 9th February. Every year there is a theme, and this year it is 'know yourself, grow yourself'.

In preparation for the week, we are having our PSHE provider, SCARF, coming in on Monday 27th and Tuesday 28th January to run some mental health and well-being workshops with foundation stage, Key stage one and year 6.

Throughout children's mental health week, we will have lots of activities to promote this year's theme and will be kick starting the week with our annual 'Wear your scarf to school day' on Monday 3rd February. The week will finish up with the number day on Friday 7th February – of which you have already received information from Mr Gotham.

On Monday 3rd February, children can come into school wearing normal uniform (or PE kit if Monday is a PE day) with an additional scarf of their choosing.

As always, any donations towards school resources to support our children's mental health and wellbeing will be gratefully received, but are not essential.

We would like to thank you for all of your continued support,

Kind regards,

Miss Burley and Miss Rowlands

PSHE Lead Wellbeing lead



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