



# GODSTONE PRIMARY AND NURSERY SCHOOL

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1<sup>st</sup> February 2022

Dear Parents and Carers,

## Re: Children's Mental Health Week 2022 – 7<sup>th</sup>–13<sup>th</sup> February 2022

Next week we will be enjoying participating in 'Children's Mental Health Week', supported by 'Place2Be'; a charity dedicated to improving children's mental health.

This year's theme is 'Growing Together' and the children will be taking part in activities and assemblies that focus on the ways we have grown and developed socially, emotionally and in terms of skills we have developed.

On **Friday 11<sup>th</sup> February**, to mark the end of Children's Mental Health Week, we would like to participate in a '**Dress to Express**' day. Where children are encouraged to colour to express their personality/interests. We encourage a small donation, all proceeds going to the 'Place2Be' charity to support their incredible work.

The children are encouraged to come to school in bright and expressive clothes, but please, only items suitable for school (no heels, open-toed shoes and dress appropriately for the weather), please don't feel you have to purchase anything specific for the event.

We look forward to sharing with you some of the wonderful work and insights that the children share across the week in our next newsletter.

Thank you for your support.

Kind regards,

**Laura Skingley**

SENCO, PSHE & RSE Lead, School Culture & Mental Health and Wellbeing Lead



*Inspirational Learning for Life*

