



GODSTONE PRIMARY AND NURSERY SCHOOL

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4th February 2022

Dear Parents and Carers,

Re: Children's Mental Health Week 2022 – 7th–13th February 2022

Next week, we will be 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'. The children will be taking part in activities and assemblies that focus on the ways we have grown/grow socially, emotionally and in terms of skills we have developed.

On **Friday 11th February**, we would like to participate in a '**Dress to Express**' day. Children are encouraged to wear something bright and expressive in place of their school uniform. We encourage a small donation, all proceeds going to the 'Place2Be' charity to support their incredible work.

Please ensure that all clothing is suitable for school (e.g. no heels, open-toed shoes) and is weather appropriate. Please don't feel that you have to purchase anything specific for the event.

We look forward to sharing some of the wonderful work and insights from the children in our next newsletter.

Thank you for your support.

Kind regards,

Laura Skingley

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



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