



Clapgate, Romiley, Stockport SK6 3DG

Head of School: Mrs H Moorcroft

Tel: 0161 430 3078

E-mail: [admin@bredburygreenprimary.com](mailto:admin@bredburygreenprimary.com)

[www.bredburygreenprimary.com](http://www.bredburygreenprimary.com)

1<sup>st</sup> February 2024

Dear Parents/Carers,

Children's Mental Health Week is taking place from 5<sup>th</sup> – 11<sup>th</sup> February 2024 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health. Throughout the school, we will be exploring the theme of 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

To further support this, on Friday 9<sup>th</sup> February 2024, we will be taking part in Place2Be's Children's Mental Health Week and fundraising to support the mental health of children and young people throughout the UK – a cause we feel is now more important than ever.

### **Express Yourself**

As a school community, we will be encouraging all students and staff to wear an item to express themselves on Friday 9<sup>th</sup> February. Along with their school uniform children and adults can come to school wearing an item that they like, that expresses their interests, favourite colours or just simply feels comfortable. We also kindly ask that all children who take part make a donation of £1 to Place2Be, either by bringing their donation to school on the day, or by making a donation online at

<https://donate.place2be.org.uk/?campaign=cmhw&source=website&medium=website&dontype=single>

Your child's Express Yourself item can be as simple or as elaborate as they like!

Thank you for your support,  
Physical Development, Health and  
Wellbeing Team

