



Headteacher Mr M Cunniffe



We are excited to inform you that next week (3<sup>rd</sup> - 9<sup>th</sup> February), we will be joining in with national Children's Mental Health week. This week will focus around helping children understand what mental health is and how we can keep ourselves and our minds healthy.

The theme of this year's event is 'Know Yourself, Grow Yourself' in partnership with Here4You, supported by The Walt Disney Company and the 'Inside Out 2' characters.



Using resources from various charities, we will be looking at how we can recognise and support ourselves when it comes to our mental health. As part of the national event, we will be joining in with the various activities across the week to help us recognise our emotions and learning strategies to help nurture our mental health.



On **Friday 7<sup>th</sup> February** we are inviting children to celebrate Children's Mental Health week by coming into school in non-uniform. We are asking children to come into school dressed as, or in the colours of one of the emotions in 'Inside Out 2' or the monsters from the story 'The Colour Monster'. I have attached pictures as there is a slight difference in use colours. Alternatively, your child can come to school dressed in clothes that can represent their personality, e.g. a uniform for a club they attend, a favourite jumper etc.

As always, we thank you for your continued support and are looking forward to sharing our activities from the week with you.

Kindest regards,

J Wilson

Mrs J Wilson

PSHE Lead

Northbrook Primary Academy



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