



Children's Mental Health Week

Tuesday, 21st January 2025

Dear Parents/Carers,

Every year, Children's Mental Health Week takes place during February. Mental health charities and schools get involved to help teach children all about mental health and wellbeing. Children's Mental Health Week takes place from the 3rd to the 9th February and it is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

On **Friday 7th February** we will be having a **Wonderful Wacky Hair Day** when children are encouraged to express themselves with colour, ribbons, bows, slides, spikes and curls. The hair can be as wild and as wacky as you like. It is a chance to **EXPRESS YOURSELF!** There will be prizes for the best and craziest hair in KS1 and KS2.

On this day, children can wear their own clothes and we will be asking for a voluntary contribution of £1.00 (to be paid on Parentpay). We will be having a day of creativity such as art, DT and other creative activities that support the children's wellbeing.

If you require any support with your child's health, or have any concerns, please get in touch with our SENDCo/Family Support Worker Mrs Dowling or visit our new Mental Health page on the school website.

Many thanks,
Mrs K Pearson
Assistant Head