

Thrunscoe Primary and Nursery Academy,
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15th January 2026

Friday 13th February 2026
Children's Mental Health Week - Dress to Express Day

Dear Parent/Carer,

We are pleased to announce that we will be taking part in Children's Mental Health Week. The theme for this year is "This is my place". We will be encouraging pupils to develop a sense of belonging.

To mark the end of Children's Mental Health Week, we will be holding a non-uniform day on Friday 13th February. The theme of this non-uniform day will be "Dress to Express". Children will be encouraged to come to school in clothes that express themselves. Pupils should wear footwear that is suitable for playing outside on the playground. We also ask that pupils consider wearing clothing that is suitable for the academy and would not cause offence to others. Pupils may wear fancy dress, sports clothes, their favourite colour or any other non-uniform of their choosing.

We look forward to celebrating Children's Mental Health Week with the pupils of Thrunscoe.

Kind Regards

Miss K Holness
Wellbeing and Personal Development Lead

