

Thrunscoe Primary and Nursery Academy,
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Chair of Governors: Mr R. H. Sperr



22nd January 2025

Dress to Express Day – Friday 7th February 2025

Dear Parent/Carer,

We are pleased to announce that, once again, we will be taking part in Children’s Mental Health Week. The theme for this year is “Know yourself, Grow yourself”. During this week, we will be encouraging pupils to develop the skills they need to express their thoughts and opinions and embrace their individuality.

To mark the end of Children’s Mental Health Week, we will be holding a non-uniform day on Friday 7th February. The theme of this non-uniform day will be “Dress to Express”. Children will be encouraged to come to school in clothes to express themselves. They may like to do this by wearing their favourite colour, dressing in something that shows their interest or dressing up as the career they aspire to have. 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 or any other non-uniform of their choosing.

More information regarding children’s mental health week can be found by accessing the following website:

<https://www.childrensmentalhealthweek.org.uk/>

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

Kind Regards,

Ms Holness
Wellbeing and Personal Development Lead.



2022-2025 Gold Level Achieved