

Thrunscoe Primary and Nursery Academy,
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16th January 2024

Friday 9th February 2024
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 **"My Voice Matters"**. We will be encouraging pupils to develop the skills they need to express their thoughts and opinions.

To mark the end of Children's Mental Health Week, we will be holding a non-uniform day on **Friday 9th 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 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,

Ms Holness
Wellbeing and Personal Development Lead.