







Dear Parents/Carers,

This year, Children’s Mental Health week is from Monday 5th February 2024 to Friday 9th February 2024. As a School, we will be supporting this event. During this week, there will be various activities related to this topic for the children to take part in, in SCARF lessons, assemblies and at breaktimes/lunchtimes.

As well as the events which will be taking place in school, we have created a different theme for each day to raise awareness for Children’s mental health week. It is a week that empowers, equips and gives a voice to all children and young people in the UK.

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| <p>Monday 5th February</p> |  <p>The children come into school in their uniform but also wearing a scarf of their choice. This is to represent that there is always someone around us to help, talk to and keep us safe.</p> |
| <p>Tuesday 6th February</p> |  <p>The children come into school in their uniform but also bring in a small teddy or small object of their choice which makes them feel happy and calm.</p> |
| <p>Wednesday 7th February</p> |  <p>The children come into school in their uniform but bring in a small photo of something or someone who makes them feel good and who they feel they can trust and talk to at home.</p> |
| <p>Thursday 8th February</p> |  <p>The children come into school in their own bright clothes. Wear something that makes you feel great and show off your personality. We would like to ask for a small donation to be made for the charity ‘Place2Be’ which is a children’s mental health awareness charity, providing support for children.</p> |
| <p>Friday 9th February 2024</p> | <p>INSET day – school is closed to pupils Could you do an activity together to support your mental health? For example, go for a walk, go to the beach, do some drawing, bake a cake, the possibilities are endless.</p> |

***Please note the only day the children don't come in school uniform is Thursday 8th February.**

We would love to see as many children take part in these activities as possible to show children that their voice matters. During Children’s Mental Health Week, we want all children and young people to be able to say – and believe - “My Voice Matters.”

Thank you for your continued support.

SMSC team