



**WE'RE TAKING PART IN  
CHILDREN'S MENTAL  
HEALTH WEEK**



Dear Parents/ carers,

On **Friday 11<sup>th</sup> February**, we are holding an 'Express Yourself' day for **a donation of 50p** to go to the mental health charity Place2Be.

Children can come to school wearing their favourite colour or a unique outfit to express how they're feeling, it can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions.

In school, children will be learning all about how human beings change and grow– we do it all the time and in many ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development. Your child will be taking part in various activities around this topic throughout the day.

Thank you

Miss Tompkins