

1<sup>st</sup> February 2020

Dear Parent/Carer,

This week in school has been an opportunity to shine a spotlight on **children and young people's mental health** for Children's Mental Health Week. For this year's theme '**Express Yourself**', we have been encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas. Each day, children at home and in school have taken part in activities to find different ways in which to express themselves whether this be a dance routine, artist drawings or playing music.

To round off the week in a positive way and to showcase the wonderful ways we can all express ourselves, we are having a '**Dress to Express**' day on **Friday 5<sup>th</sup> February** where children at home have the option to dress for their online learning in a way that expresses their character and makes them feel positive, whether this be a sports kit, a superhero's outfit or their favourite clothes. In school, if children would like to take part, they can accessorise alongside their school uniform, in a way to express themselves by wearing an accessory that expresses their character and makes them feel positive, whether this be their favourite sports trainers, a hat of choice or a particular hairstyle that reflects their personality!

We look forward to seeing all the different ways in which children dress to express.

If you have any questions or queries, please contact our school office.

Kind regards

Mrs R Skirrow

**Principal**

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