



**Children's Mental Health Week  
1-7 February 2021  
EXPRESS YOURSELF**

Dear Parents

This week is Children's Mental Health Week and the theme is 'Express Yourself'. Please click below to watch the Duchess of Cambridge's message to parents about the importance of this. (She is the patron of the charity supporting this week)

<https://www.childrensmentalhealthweek.org.uk/news/the-duchess-of-cambridge-sends-message-to-mark-children-s-mental-health-week/>

We will be covering this through activities in our live lessons and Mr File will be referring to this in his assembly on Wednesday 3<sup>rd</sup> February at 2pm. For the assembly please have a biscuit, preferably a round one available Please click on the link below.

. [Click here to join the meeting](#)

There was a national assembly that is available below if your child would like to watch it, hosted by Lindsey Russell from Blue Peter and Rhys Stephenson from CBBC in which they encourage children to express themselves in whatever creative way appeals to them and makes them feel good about themselves.

<https://www.childrensmentalhealthweek.org.uk/news/watch-our-children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

On Thursday 4<sup>th</sup> February we are holding a 'Dress to Express Yourself' day where the children are allowed to wear clothes that reflect their own interests. This is for children both at home and school. (if in school please make sure their outfits are suitable enough for outdoor playtimes!) Your child may wish to wear their football kit or ballet outfit. They can wear colourful outfits or a favourite t-shirt. During their live lesson on Thursday they will be able to share their outfits if they wish.

We are committed to supporting your child's mental health throughout the year but feel it is important to use the national campaign to raise consciousness and hope you find the resources useful. Your class teacher may add additional resources to your TEAMs pages as well.

Many thanks for your continued support.

Miss Gilbert