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Dear Parents/Carers

'Dress to Express'

Children's Mental Health Week is taking place from 5<sup>th</sup> to 9<sup>th</sup> February 2024 and is an opportunity to shine a spotlight on and raise awareness of children and young people's mental health. This year, we will be spending the week exploring the theme of 'My Voice Matters'.

'My Voice Matters' is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week, we want all children and young people, whoever they are and wherever they are in the world, to be able to say, and believe, "My Voice Matters". We have planned lots of activities for the children, including safer internet day, wellbeing Wednesday, Chinese celebration day and friendship celebration day.

On Monday 5<sup>th</sup> February we will be holding a 'Dress to Express' day. Children are encouraged to use colour to express themselves by wearing a colourful outfit or an outfit of their choice. Children can wear their favourite colour or choose a range of colours that express how they are feeling. The outfits can be as wild and wacky as they like – it is a chance to express themselves! This could even be a fancy dress outfit – I am sure we have got some colourful superheroes out there!

Yours sincerely

Sarah Seago  
Deputy Headteacher