



Hamp Nursery & Infants' School
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Headteacher: Mrs M Weatherburn

30 January 2024

Dear Parents/Carers

'Dress to Express'

Children's Mental Health Week is taking place from 5th to 9th February 2024 and is an opportunity to shine a spotlight on and raise awareness of children and young people's mental health.

The nursery classes will be celebrating Children's Mental Health Week by participating in activities suitable for their age group, including Chinese food tasting and practising mindfulness.

On Monday 5th 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