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31st January 2025

Dear parents and carers,

Next week will be Mental Health Week and the theme for the week this year is, 'Know Yourself, Grow Yourself'. We want children and young people to discover how getting to know who they are can help them build resilience, grow and develop. As a school we believe it is of huge importance to our young children now more so than ever and so we urge you to spend time with your child/children and go through some of the activities below.

Mental Health Week has joined forces with Here4You and this year it is supported by Disney, through the characters of Inside Out 2.

Next Friday 3rd February your child is invited to come into school representing one of the characters from the movie. Why not dress in the colour of one of the characters? Paint your face? Colour your hair? Or all of those things.

Take time to look through some of the websites below where you can find lots of ways to encourage your child how to express emotions and understand the importance of mental health.

https://www.childrensmentalhealthweek.org.uk/resources/?gad_source=1&gclid=Cj0KCQiAhvK8BhDfARIsABsPy4jnBNqzliMSEulvAKihi8D3ploRLourKZRPJkPiW0xo0ro0C5TZPglaAjouEALw_wcB#families

<https://www.childrensmentalhealthweek.org.uk/families/>

<https://www.leicspart.nhs.uk/childrens-mental-health-week/>

Yours sincerely

A handwritten signature in black ink, appearing to read "S. Conlon".

Mrs S Conlon

Headteacher