



Wednesday 1st February 2023

Dear Parent / Carer,

RE: Dress to Express for Children's Mental Health Week 2023 -

I am writing to let you know that next week will be taking part in **Place2Be's Children's Mental Health Week** to raise awareness of the mental health of children and young people throughout the UK - a cause we feel is now more important than ever.

Children's Mental Health Week is taking place from **6 - 10 February 2023** and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

Place2Be believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them.

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **Thursday 9th February**.

Your child/children's **Dress to Express** outfit can be as simple or elaborate as they like! **Dress To Express** is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a **Dress To Express** Day during **Children's Mental Health Week**. We look forward to seeing your creative, unique clothing

Kind regards,

Mrs Scudder

PSHE Lead

childrensmentalhealthweek.org.uk



Transforming lives. Building futures.