

1<sup>st</sup> February 2021



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

Dear Parents/Carers,

Thank you for supporting Children's Mental Health Week 2021 (1-7 February).

This year's theme is '**EXPRESS YOURSELF**' and we're encouraging children (and adults) to explore the different ways we can **EXPRESS OURSELVES**, and the creative ways that we can share our feelings, our thoughts and our ideas.

With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important. Place2Be's resources can be adapted for use in school, for home-schooling, online lessons or independent learning. They include activity ideas, advice for parents and carers, and an online assembly which will be available to schools and families on Monday 1 February.

From 1-7 February 2021, we're taking part in Place2Be's Children's Mental Health Week here at school. Please join us by supporting this at home. There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas, tips for parents and carers, and an online assembly which will be available from Monday 1 February. To find out more, visit:

[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

As parents, it is also vital to be mindful of our own mental health needs as we look after our children during these difficult times. The Duchess of Cambridge 'kicked off' Children's Mental Health Week with this short video message to all parents:

<https://www.youtube.com/watch?v=i5aHt7Z7veg>

I would like to thank you once again for all your support and understanding during this time and please do not hesitate to contact the school or myself if there is anything we can help you with.

Warmest regards



Principal