

Children's Mental Health Week

Tuesday 1st February 2022

Dear Parents/Carers,

This year Outwood Primary Academy Kirkhamgate are proud to be supporting Children's Mental Health Week, which is taking place from 7-13th February. The theme this year is 'Growing Together' and Place2Be are encouraging children to think about how they have grown and how they can help others grow.

In support of Children's Mental Health Week, the children will be taking part in many activities throughout the week linking to mental health. The Mental Health and Wellbeing Champions are very excited to be leading this week across the school and with their classes.

One of the main activities will be taking place on **Friday 11th February** and it is a 'Dress to Express' day. In support of this, we are inviting the children to wear **an accessory** which expresses who they are or how they are feeling. This could be a colour to represent an emotion, a bracelet, headband, socks or a hat. Please note that it is just an accessory the children are invited to wear.

As a school, we are raising money to support Place2Be and the amazing work they carry out for Children's Mental Health. This will be done for our Dress to Express day on **Friday 11th February**. Please follow the link below to donate!
<https://tinyurl.com/Kirkhamgate>

Thank you for your continued support.

Kind regards,
Miss Wood and the Mental Health and Wellbeing Champions.