



Thursday 30th January, 2025

Children's Mental Health Week

Monday 3rd February – Friday 7th February 2025

Dear Parents/Carers,

Next week is **Children's Mental Health Week**. Our Wellbeing Champions have decided to explore the theme **Know Yourself, Grow Yourself** with the aim to encourage children to embrace self-awareness and explore what it means to them.

HOW ARE YOU FEELING TODAY?



The Wellbeing Champions would like everyone in school to support our theme by **wearing a colour to represent one of the characters from the Inside Out films on Friday 7th February**.

Throughout the week, the children will be exploring their emotions, the importance of expressing their emotions and reflecting on them.

Thank you for your continued support and we are looking forward to seeing all the children dressing in a colour to express their emotions.

Kind regards

The Wellbeing Champions

