

King Edwin Primary School



Head Teacher Mr Callaghan-Wetton
Fourth Avenue, Edwinstowe, Notts, NG21 9NS
Tel: (01623) 822111 Fax: (01623) 825707
E Mail: office@kingedwin.notts.sch.uk
Website: www.kingedwin.notts.sch.uk

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Dear Parents/Carers,

7th February 2022 marks the start of Children's Mental Health Week and as always we feel these events are important and need to be celebrated.

This year's theme is 'growing together'. During the week, we will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow. It will provide an opportunity to shine a spotlight on children and young people's mental health at a time where it's never been more important.

To celebrate the week, on Friday the 11th February we're asking all children to 'DRESS TO EXPRESS' by wearing an outfit that communicates their individuality.

Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. They could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.



The Place2Be's website has some fantastic resources on there for parents to access.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

We look forward to seeing their expressive outfits!

Kind regards,

Miss Roy (PSHE lead)

