






Dear Parents/Carers,

This year, Children's Mental Health week is from Monday 3rd February 2024 to Friday 7<sup>th</sup> February 2025. As a School, we will be supporting this event. During this week, there will be various activities related to this topic for the children to take part in, in SCARF lessons, assemblies and at breaktimes/lunchtimes.

As well as the events which will be taking place in school, we have created a different theme for each day to raise awareness for Children's mental health week. This year the theme is: "know yourself, grow yourself", in partnership with Here4You supported by the Walt Disney Company and Inside Out characters to explore the importance of self-awareness and expressing emotions.

<b>Monday 3rd February</b>	 <b>Non-uniform day</b> The children come into school dressed as an emotion (different colours). This is to represent that in life we experience a whole rainbow of emotions, however, we can use tools to help support us manage these emotions.
<b>Tuesday 4<sup>th</sup> February</b>	 <b>The children come into school in their uniform</b> but bring in a small photo of something or someone that reminds them of a positive person or a positive moment in their life.
<b>Wednesday 5<sup>th</sup> February</b>	 <b>The children come into school in their uniform</b> but also bring in a small teddy or small object of their choice which makes them feel happy and calm.
<b>Thursday 6<sup>th</sup> February</b>	 <b>The children come into school in their uniform</b> but also bring in a gratitude letter they have written. This is to share with your class (if they would like to) about what you are grateful for.
<b>Friday 7<sup>th</sup> February 2025</b>	 <b>The children come into school in non-uniform for NSPCC Number Day</b> , and also bring in an item from home which represents themselves. This is to represent that everyone is unique.

We would love to see as many children take part in these activities as possible to help the children further develop their self-awareness and express their emotions.

Thank you for your continued support.

SMSC team