



WHITMORE PARK PRIMARY SCHOOL

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Friday 3rd February 2023

Children's mental health week 2023

Dear parents and carers,

Next week it is children's mental health awareness week. We are planning a variety of age appropriate activities to discuss the importance of having a healthy mind. Let's connect (the website we are using for our resources and information) is about making meaningful connections.

Children thrive in communities whereby they have common ground, trust the people they are with and have positive relationships. When we have positive relationships, whether this be at home or at school, our mental health and well-being will be supported.

During Children's mental health week 2023, we want all children to be encouraged to connect with others in a healthy, rewarding and meaningful way.

On **Friday 10th February 2023**, we are inviting all children to come in to school in non-uniform. The theme of the day is '**Be Unique**'. Children are encouraged to come into school wearing something that tells us about them. This could be a football kit, dancing outfit, party clothes or a top in their favourite colour. We are not asking for any donations, this is simply about the children in our Whitmore Park community and making them appreciate their own special talents and individualities.

For more information, ideas or support please visit:
<https://www.childrensmentalhealthweek.org.uk/families/>

Kindest regards,

Mr John Paul Maguire
Community lead

