

Tuesday 1<sup>st</sup> February

Parents/Carers

r.e. Children's Mental Health Week – 7<sup>th</sup> February – 13<sup>th</sup> February 2022

Place2Be shines a spotlight on the importance of children and young people's mental health.



This year, the theme for Children's Mental Health Week is '**Growing Together**'. In school, we will be encouraging the children and the adults to consider how they have grown, what they need to help them grow, and how they can help others to grow too.

Human beings change and grow– we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. We grow intellectually as we gain new knowledge, skills, and understanding at school, and beyond. However, **Growing Together** is also about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

To mark the end of Children's Mental Health Week 2022, on Friday 11<sup>th</sup> February, we are inviting the children to donate anywhere between 50p - £1 to take part in '**Dress to Express**' day. The idea is simple – your child needs to use colour to express themselves by wearing a colourful outfit or their favourite colour. By making a donation, you will be supporting the Place2Be charity to help them to continue to raise awareness of the importance of mental health and wellbeing in a fun and positive way.

Thank you in advance for supporting our 'Dress to Express' day on Friday 11<sup>th</sup> February 2022 and Perry Hall's quest to promote our children's mental health and well-being.

Yours sincerely,

Mrs Gibbins  
Head of School.

