



ST MARY'S
CATHOLIC PRIMARY SCHOOL

31st January 2023

Dear Parent/ Carers,

Next week we are raising awareness for **Children's Mental Health Week**, the week runs from Monday 6th February to Friday 10th February.

To raise awareness, our Headstarter children have organised to deliver an assembly to start the week off on Monday, followed by activities throughout the week to promote positive mental health, and share strategies to support poor mental health. We have also organised for InsideOut, our Mental Health Support Team to deliver an assembly later in the week to raise awareness of their role in school- make sure you keep a lookout on our social media channels to see what the children have been doing this week.

To end the week, we will celebrate **Dress to Express Day** on **Friday 10th February**. **The children are invited to come into school wearing their own clothes to express themselves**. This is to support the expression of how we feel. We all struggle with how we're feeling sometimes but it's the little things that make a BIG difference.

Thank you for your continued support,

Yours sincerely

Miss K. Phelps

Miss Kathryn Phelps
Assistant Headteacher



Fiat Mihi - Let it be with me

Headteacher: Mrs A McClurey

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