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Wednesday 27th January 2021

Dear Parents/Carers,

As part of Children's Mental Health week (1st – 5th February) we are asking the children on Monday 1st February to 'DRESS TO EXPRESS'. This is a national initiative to encourage children to express themselves through their clothes, hair etc. Children, whether learning at home or in school, 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. Colour is often a good way for children to help make sense of how their feeling, who they are and the world they live in.

Teachers will be running activities both in school and via class dojo to give the children the opportunity to look after their mental health. Activities may include things such as Dance, Drama, and Art. Our aim is to create an environment that encourages our children to explore and be playful so that they can express themselves freely and without judgement. This is not about producing great art or performances. This is about helping children and young people to connect with their true selves and to others. The most important emphasis will be to talk, support and encourage.

I hope your child will participate in the activities and find them fun and engaging.

Kind Regards,

Mrs Greenwood

Executive Head Teacher
Mrs. R. Denham

Business Manager
Mrs J. Burton