



Dress to Express Children's Mental Health Awareness Week

Friday 27th January 2023

Dear parents and carers,

We are writing to let you know that **Children's Mental Health Awareness Week** is taking place from 6–12 February 2023, and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

St Paul's Catholic Primary School will be taking part in **Place2Be's Children's Mental Health Awareness** and fundraising on **Friday 10th February 2023**, to support the mental health of children and young people in our school and throughout the UK. A cause we feel is now more important than ever.

Place2Be believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. As a charity, **Place2Be** rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it is too late.

Dress to Express

As a school community, our Mental Health and Well-being Team are asking all students and staff to use clothing and colour to express themselves on **Friday 10th February 2023**. We also kindly ask that all children who take part **make a donation to school / Place2Be**, by bringing their donation to school on the day.

Your child/children's 'Dress to Express' outfit can be as simple or elaborate as they like! 'Dress To Express' is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community. We will also be spending time in classes on **Friday 10th February 2023** to update children's coping and well-being strategies with fun and supporting learning activities.

We hope you are excited as we are to be hosting a 'Dress to Express Day' during Children's Mental Health Week and raising much-needed funds. If you want to find out more information about the event please visit <https://www.place2be.org.uk/> or have any queries, please do not hesitate to get in touch with us.

Many thanks for your continued support,

St Paul's Mental Health and Well-being Team

& Ms N Costanzo – Interim Assistant Headteacher –Senco / Inclusion / Mental Health Lead