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Dear Parent/Carer

31st January 2023

Re: Children's Mental Health Week

Monday 6th February sees the start of Children's Mental Health week and we have lots of fantastic activities arranged.

On Monday 6th February our Happiness Heroes will be delivering a whole school assembly to launch the theme which is 'Let's Connect'.

Throughout the week each Learning Zone will be taking part in a range of different activities linked to the theme of being connected.

On Thursday 9th February, our adult Well-being Ambassadors are taking part in a webinar run by the Lily Jo Trust. The workshop is designed to help adults understand the unique mental health challenges facing children. During the workshop Lily Jo will talk about the impact of social media and the online life our children are navigating. If you would like to take part in this FREE workshop please follow the link to register: <https://mailchi.mp/thelilyjoproject/workshop090223>

On Friday 10th February, we are going to have a non-uniform day where children can come to school dressed in whichever way they feel represents them as individuals. We are calling this Dress To Express Day.

Throughout the week there will be activities taking place at lunchtime including the Taskmaster Treasure Hunt and other Taskmaster activities.

We will be focussing on the following texts to support children throughout the week:

The Invisible String by Patrice Karst (for Opal, Amethyst and Sapphire)
A Poem: Together by Matt Goodfellow

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Further resources are available on our website on the Come and See section – select Emotional Wellbeing.

Yours sincerely

Mrs D Cross

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