



The Newman Catholic Collegiate

# St. John the Evangelist Catholic Academy

"Lord be thy word my rule."

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Monday 29<sup>th</sup> January 2024

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Dear Parents and Carers,

## **Children's Mental Health Week** **Monday 5<sup>th</sup> February to Friday 9<sup>th</sup> February 2024**

Next week it is Children's National Mental Health Week. This year's theme is 'Our Voice Matters'. We will be thinking about how we can empower children and young people by providing them with the tools they need to express themselves.

On Monday, our School Council will lead an assembly on the importance of mental health and what they can do to be healthy.

**On Monday 5<sup>th</sup> February, all children are invited to come into school in non-uniform "dressed to impress"**. Children can wear their favourite clothes, favourite colour, a range of colours or a whole unique outfit to express how they are feeling and to express who they are.

The children will talk about and take part in activities regarding mental health throughout the week.

Please see the additional letter from Place2Be with more information for parents and carers and ideas for activities and talking at home.

Further information and support can be found at  
<https://www.childrensmentalhealthweek.org.uk/families/>

Thank you for your continued support.

Yours sincerely

Mrs H Rigby  
Principal

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