



The Newman Catholic Collegiate

# St. John the Evangelist Catholic Academy

"Lord be thy word my rule."

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Friday 28<sup>th</sup> January 2022

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Dear Parents and Carers,

## **Children's Mental Health Week** **Monday 7<sup>th</sup> February to Friday 11<sup>th</sup> February 2022**

Week commencing Monday 7<sup>th</sup> February it is Children's National Mental Health Week. This year's theme is 'Growing Together'. We will be encouraging children (and adults) to consider how they have grown and how they can help others to grow. The week will begin with an assembly on the importance of mental health and what they can do to be healthy.

The children will talk about and take part in activities regarding mental health throughout the week and finish on Friday with an afternoon of wellbeing activities.

We will also be fundraising for a children's mental health charity 'Place2Be'. 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's too late.

In order to support this worthy cause we will be holding a '**Dress to Impress**' day on **Friday 11<sup>th</sup> February**. Children can bring a £1 to school to wear their favourite colour, a range of colours or a whole unique outfit to express how they are feeling. All proceeds will go to 'Place2Be'.

Thank you for your continued support.

Yours sincerely

Mrs H Rigby  
Principal

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