



# Bryn Offa Church of England Primary School

Rockwell Lane, Pant, Oswestry, Shropshire, SY10 9QR  
admin@brynoffa.shropshire.sch.uk  
Tel: 01691 830621

Headteacher: Mr P Thompson

Friday 3<sup>rd</sup> February 2023

Dear Parents and Guardians,

## **Mental Health Week** **Monday 6<sup>th</sup> February to Friday 10<sup>th</sup> February**

Next week is Mental Health Week and Bryn Offa will be taking part in a range of activities to raise awareness of the importance of children and young people's mental health.

This year's theme is 'Let's Connect'. More information can be found on the letter and leaflet that will be coming out to parents today. You can also find further information about Children's Mental Health Week and how you can get involved on our website under the 'Mental Health and Wellbeing at Bryn Offa' tab.

On Friday the 10th, we will be holding a non-uniform for 'Dress to Express' day. Children can wear their favourite colour or a unique outfit to express how they are feeling. We would like to ask the children to bring a voluntary donation of £2 to raise vital funds for the children's mental health charity Place2Be.

If you have any queries, please do not hesitate to get in touch.

Yours sincerely,

Mrs Machin  
Mental Health Lead

