



Bryn Offa Church of England Primary School

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Wednesday 31st January 2024

Dear Parents and Carers,

Children's Mental Health Week **Monday 5th February to Friday 9th February**

Next week is Children's Mental Health Week and this year's theme is *My Voice Matters*. Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. As adults, we should empower children and young people, and provide them with time, space, and opportunities to express themselves. We must also ensure they have opportunities to influence aspects of their worlds that directly - or indirectly - affect their wellbeing.

Further information can be found on the following website. We are also attaching a Tips For Parents information sheet which you may find useful.

<https://www.childrensmentalhealthweek.org.uk/schools/>

Bryn Offa will be taking part in a range of activities over the course of the week to raise awareness of the importance of children and young people's mental health. One of these will be an Express Yourself Dress Up Day on Friday 9th February. We would like the pupils to celebrate what makes them unique on this day by wearing their favourite colour, accessory or costume or something connected to their favourite hobby, such as skateboarding or dancing. It could just be coming to school as themselves!

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

Yours sincerely,

Mrs Machin
Mental Health Lead

