

8th February 2024

Dear Parents/Carers,



As you may be aware this week is 'Children's Mental Health' week, we have decided to mark this national event on **Friday 16th February** with a 'Wear it Green Day.' Children can come to school on this day wearing an item of green clothing such as; green t-shirt, green jumper, green trousers or even a green socks! They can even come to school in a completely green outfit.

During the day your child will be taking part in a variety of different tasks to highlight how important it is to listen carefully to others, to be aware that some things are important to us and they may be different to others. They will have the opportunity to spend time thinking about empathy, self-reflection and our their own values. They will hear and talk about the importance of knowing that individually, we are all good at something and that as a group we have many skills and talents that benefit us all. Finally, we will help them understand that it is important to take care of ourselves and make time to do things we enjoy and that make us feel well.

For more information please visit <https://www.childrensmentalhealthweek.org.uk/about/> where you will find useful tips, ideas and activities for you to complete with your child.

We are really looking forward to our 'Wear it Green Day' and we hope you will join in our plans to recognise the importance of well-being by wearing something green on this day.

Thankyou for your continued support.

Regards
Miss Arnott
Deputy Headteacher