

Friday 24th January 2025



Dear Parents and Carers

As you may be aware 'Children's Mental Health' week is 3rd – 7th February. We have decided to mark this national event on Friday 7th 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.

The year's focus is "**Know Yourself, Grow Yourself**", with the aim to encourage children across the UK to embrace self-awareness and explore what it means to them. During the day, the children will learn why it is so important to understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams. They will take part in activities which will teach them how their emotions play a key role in building self-awareness. It is through knowing themselves and speaking with others, that they can build resilience, grow and develop. Children will also be learning different strategies in order for them to calm to regulate their emotions.

For more information please visit [Families - Children's Mental Health Week](#) where you will find useful tips, ideas and activities for you to complete with your child. We also have a wellbeing page on our website [Family Well-Being and Mental Health Support | Shaw Primary School](#)

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 'Children's Mental Health and Well-being by wearing something green on this day.

Thank you for your continued support.

Regards

Miss Arnott

Deputy Headteacher