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31st January 2023

Dear Parents and Carers,



**Dress to Express Day
Tuesday 7th February 2023**

It is children's mental health week on Monday 6th to Friday 10th February 2023 and has the theme 'Let's Connect'. Activities over the course of the week will therefore be designed to encourage children to consider how we can make meaningful connections that support our mental health.

Following a recent meeting, the School Council have organised for their next funding event to support a charity called Place2Be, who shine the spotlight on the importance of children and young people's mental health. During Children's Mental Health Week 2022, Place2Be helped raise over £208,000.

On Tuesday 7th February 2023, all pupils and staff are invited to join our 'Dress to Express' day. Children and staff may come to school dressed in their favourite outfit or colour for a suggested donation of £2.00 each. Donations should be brought into school in a named envelope and handed to form teachers / key workers.

Children who have PE on this day, or have an extra-curricular sports club after school, can either wear their choice of clothes suitable for PE / Sporting activities, or alternatively, they may bring their school PE kit with them to get changed into, before their PE lesson or after school sports club.

The School Council would like to thank everyone in advance for your support.

Yours sincerely

**Mrs J Callaway
Headteacher**

The School Council

