



# Whitstable Junior School

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24<sup>th</sup> January 2023

Dear Parent/Carer,

Children's Mental Health Week 2023 will take place from 6-12 February 2023 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health. The theme this year is **Let's Connect** and throughout the week, children will be considering how we can make meaningful connections that support our mental health.

Connection is one of the 5 steps to mental well-being along with; being physically active, learning new skills, giving to others, and paying attention to the present moment (mindfulness).

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

As part of the week, we will be asking our school community to **'Dress To Express'**. The idea is simple – On **Friday 10<sup>th</sup> February**, children are invited to wear whatever they would like to school and to dress to express themselves. They could wear their favourite colour or a unique outfit to express how they're feeling. It can be as simple or elaborate as they like – there are no rules! **'Dress To Express'** is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our community.

**Place2Be sponsors Children's Mental Health Week** and works to ensure that no child has to face mental health problems alone by providing school-based mental health support in schools throughout the UK. As a charity, they rely on the generosity and support of the community to give children and young people the support they need, when they need it most. On Friday 10th February there will be a bucket at the gate for any donations you may wish to give.

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



Best Wishes,

Kirsten Collin  
SENCo

