



Children's Mental Health Awareness Week 2024

#MyVoiceMatters

Monday 29th January 2024

Dear Families,

On Friday 9th February we will be holding a Colourful Dress-up Day to raise awareness for Children's Mental Health Awareness Week.

We will ask that children wear either their favourite bright colour or in rainbow colours, the more vibrant and eye-catching the better! There is no cost or donation required.

Colourful Dress-up Day provides an opportunity to spread awareness of our mental health and promote the significance of wellbeing. During Children's Mental Health 2024, we will take some time to focus on mental health and talk about these important topics. The theme for Children's Mental Health Week 2024 is 'My Voice Matters'. More information is available at <https://www.childrensmentalhealthweek.org.uk/>

Thank you for your continued support,
Miss James & Mr Rowlands
PSHE & Wellbeing team

Headteacher: Mrs J. Edwards B.A (Hons)
Deputy Head: Mr T Rowlands B.A (Hons)

Chair of Governors: Mrs P Dent
Business Manager: Mrs V Jewell BSc (Hons)