

William Read Primary Academy

Long Road Canvey Island Essex SS8 0JE

Company Number 9154404

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February 2024

Children's Mental Health Week

Dear Parent/Carer,

As a school, we will be taking part in Children's Mental Health Week to support the mental health of children and young people throughout the UK - a cause we feel is extremely important.

Children's Mental Health Week is taking place from 5th – 11th February 2024 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health and wellbeing. During this week, we will hold an assembly and the children will complete a range of activities in class so they can engage with this year's theme, My Voice Matters.

We believe every child should have easy access to mental health support whenever they need it. As a school, we have created many safe spaces where children can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. We also have trained staff available to support the children in expressing themselves.

Dress to Express

On Friday 9th February, we will be encouraging all children and staff to use clothing and colour to express themselves. Your child's Dress to Express outfit can be as simple or elaborate as they like! 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.

If you wish to find out more about supporting your child's wellbeing, then the NHS website has lots of information and strategies to support you.

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Kind regards,

Mrs T Gravely
Head of School

'If we believe, we will achieve'

