



St Mary Magdalene C of E Primary School

Headteacher: Miss S Robinson

Mental Health Week – My Voice Matters

Children's Mental Health Week is coming up on 5th-11th February, which is an opportunity to shine a spotlight on the importance of children and young people's mental health. On **Friday 9th February**, we are raising more awareness on Children's Mental Health by organising a fundraiser. We invite children to come in to school in non-uniform with idea of **Dress to Express** - an opportunity for self-expression and celebrating a diverse range of emotions.

The children will partake in various activities throughout the week to promote mental health and wellbeing including assemblies and wellbeing activities.

Mental Health Week and Place2Be

We know that children and young people need our support now more than ever. By helping to spread awareness and raise much-needed funds this Children's Mental Health Week, Place2Be can reach more children and young people and get closer to a future where every child has easy access to mental health support. To find out more information about this please visit <https://www.childrensmentalhealthweek.org.uk> or find attached the information about Place2Be and Mental Health.

Where families feel able to, we are asking for children to donate £1 each to help to support the charity which enables them to support children who are struggling with their mental health. This can be donated through our **Just Giving** page. Please note, all children are welcome to join us in on this day and all donations are voluntary.

Thank you for your continued support,

Mrs Marshall,

Mental Health and Wellbeing Lead