



Principal: Mrs B Breedon

Horninglow Road North • Burton-upon-Trent • Staffordshire • DE13 0SW

01/02/2021

Dear Parents and Carers,

Children's Mental Health Week (1-7 February 2021)

We are supporting Children's Mental Health week through Place2Be this week, and would like to share the work we are planning, and opportunities you can access.

Place2Be is a children's mental health charity who work with pupils, families and staff in schools across the UK. This year's theme is 'Express Yourself' and we are encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important. As parent and carers, you play an important role in your child's mental health. There are many resources on the children's mental health week website that you can use with your child at home including activity ideas, tips for parents and carers, and an online assembly that will be available from Monday 1st February. Please see the website link below for activities.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers>

'Express Yourself' Whole School Art Project

We have decided as a school to do a whole school art project to mark Children's Mental Health week. Self-expression is all about communicating your individuality. It is a great way to relieve stress and free your mind. We would like each child to draw, colour, paint or collage what you look like on the outer-self side of the face (left hand side). Then draw, colour, paint or collage your hobbies, emotions, thoughts and feelings on the inner-self side of the face (the right hand side). Class teachers will email a copy of the PDF document to you, and one is attached to this letter as well. We would like to display all portraits in the hall as an art installation called 'Together as one'.

Please complete your project and hand it into the school office, or take a photo for us to print, by Monday 8th February.





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Dress to Express Day!

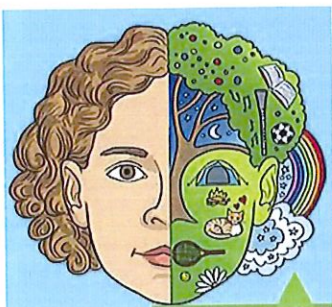
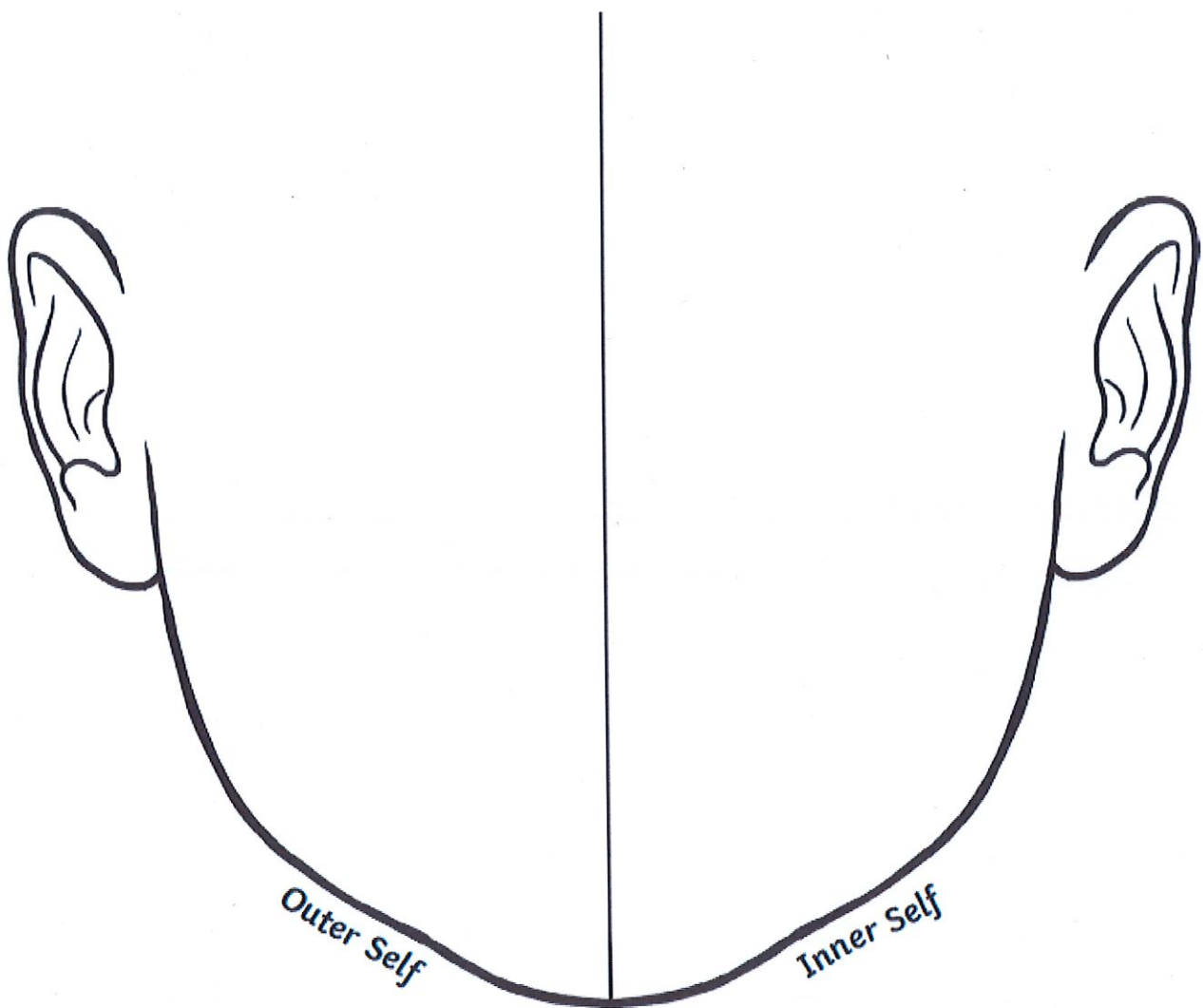


We would love it if every child 'dressed to express' themselves on Friday 5th February 2021. This includes children who are learning at home and children who are learning at school.

Yours sincerely

Mrs B Breedon





Express Yourself—Art Project—Outer and Inner Self.

Draw, colour, paint, collage (anything goes) what you look like on the left and show your hobbies, emotions, thoughts and feelings on the right.