



Saughall All Saints C of E Primary School
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Dear Parent/Carer,

I am writing to let you know that on Friday 5th February, Saughall All Saints will be taking part in **Place2Be's Children's Mental Health Week** to support the mental health of children and young people throughout the UK – a cause we feel is now more important than ever.

Children's Mental Health Week is taking place from 1 – 7 February 2021 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health. Each year, Place2Be 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.

Dress to Express Day

The idea is simple – encourage your child/children to use colour to express themselves by wearing a colourful outfit (either at school or at home) on **Friday 5th February**. Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. Your child/children could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions. We would still encourage that the clothes chosen are appropriate to wear for a school day or a day of remote learning.

There is also an optional opportunity to make an online donation to Place2Be. This donation can be made at <https://www.justgiving.com/fundraising/saughallallsaints>

We are aware that we are living in strange and difficult times, so we must stress that this is an optional donation, we are placing the emphasis on giving the children an opportunity to express themselves.

If you have any queries, please get in touch with me on
ipalmer@saughallallsaints.cheshire.sch.uk

1 - 7 FEBRUARY 2021

#ChildrensMentalHealthWeek

