



# St. John's Church of England Middle School

February 2022



Dear Parents/Guardians

## Children's Mental Health Week

Children's Mental Health Week is taking place on **7-13 February 2022**. This year's theme is Growing Together. We will be encouraging children (and adults) to consider how they have grown and how they can help others to grow emotionally.

Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, sometimes we might feel a bit 'stuck'.

On **Thursday 10<sup>th</sup> February**, for a donation of £1, we are asking everyone who would like to take part to Dress to Express. Children are encouraged to wear one item of clothing that is either their favourite colour, expresses how they feel or something that makes them feel happy. Items of clothing **MUST** be appropriate for school and jewellery will **NOT** be permitted. The proceeds raised will go towards the charity, Place2Be. If you would like to make a donation, please send your child in with £1 cash, on that day, to hand to their form tutor.

Children are to come dressed in their normal school uniform, just with the addition of one different item of clothing.

We would really appreciate your help to make the Children's Mental Health week a huge success and with your support, we are looking forward to a really great week!

Yours sincerely

**Mrs A Elwell**  
**Head of School**

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