



QUEENSWAY SCHOOL

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Monday 30th January 2023

Dear Parents and Carers

Children's Mental Health Week

From Monday 6th February to Friday 10th February, the children will be celebrating Children's Mental Health Week in school. This year's theme is Let's Connect.



Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

For Children's Mental Health Week 2023, we're encouraging the children to connect with others in healthy, rewarding and meaningful ways. As well as taking part in activities across the week, we will be hosting a fun-filled 'Dress to Express' Day to support Children's Mental Health Week.

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on Friday 10th February. We also kindly ask that all children who take part make a suggested £1 donation to Place2Be, by donating online at

<https://donate.place2be.org.uk/?campaign=CMHW&source=website&medium=website&dontype=single>

Your child/children'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 and start conversations within our school community.

Kind regards.

Miss Hollidge
PSHE Lead