

BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parents and Carers,

'DRESS TO EXPRESS' DAY FRIDAY 7TH FEBRUARY 2025

This term, as part of our whole school focus on mental health, we are proud to take part in Children's Mental Health Week from 3rd to 9th February. This year's theme is 'Know Yourself, Grow Yourself', and highlights the importance of children developing their self-awareness, understanding who they are and how this can help them build resilience in day-to-day life.

We all experience emotional ups and downs, and it's important to remember that this is completely normal. Over the past few years, many of us have faced extra challenges, but often it's the little things that have kept us going. To support children's mental health, we are focusing on self-awareness and building the ability to manage a range of emotions.

Throughout the week, each class will take part in activities designed to support children's mental health. These sessions will provide opportunities for children to explore their feelings, discuss their experiences, and support one another in a safe and caring environment.

As a highlight of the week, we will be holding a 'Dress to Express' day on **Friday 7th February**. On this day, children are invited to wear non-uniform that reflects their own unique personalities and individual styles. This might be dressing in a favourite colour, or an outfit to express their current hobby, favourite TV show, or wearing the clothes that the children feel happiest in. It's a chance to celebrate the unique and wonderful individuals they are and embrace their creativity while raising awareness of mental health.

The children will still have outdoor playtimes, so please ensure that they have appropriate footwear and a coat.

Thank you for your support in making Children's Mental Health Week a meaningful experience for our school community.

Yours sincerely,

The Mental Health & Wellbeing Team

