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1st February , 2021

Dear Parent/Carers,

We are excited to share with you that at Glazebury C of E we are participating in **Children's Mental Health Week**, which is taking place this coming week **on 1-7 February 2021**. This year's theme is 'Express Yourself'. Place2Be has teamed up with BAFTA Kids and Oak National Academy to create a free assembly on the theme of Express Yourself. We will be providing a link to this resource on Class Story on Monday to allow our remote learners to access this introductory assembly, while our critical workers will access this in school.

The "assembly" will feature pupils and well-known faces discussing the theme of Children's Mental Health Week, as well as ways that children and young people can get involved at home. It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter and Place2Be Champion Rhys Stephenson. As the majority of pupils are now at home, the assembly will provide an easy way to bring the nation's children together (virtually) with a positive message about the power of creative self-expression.

During the week, the children will take part in a range of activities based on wellbeing and place that important spotlight on mental health. Additionally, we are going to take part in 'Inside Out Day' on Wednesday 3rd February. **Inside Out Day** is partnering with the mental health charity **Beyond** to create the UK's first ever mental health and wellbeing festival for primary and secondary schools. **Inside Out Day** aims to tackle the mental health crisis facing our school children.

As part of 'Inside out day', children and teachers on Wed 3rd Feb will either wear an item of clothing inside out as a reminder that how someone else looks on the outside doesn't necessarily reflect how they are truly feeling on the inside -some children/staff can take this further to wear mismatched clothes/ crazy colourful outfits and dress to 'Express yourself,' Mrs Goman is going to release her inner Goth! We would love it, if both our key workers attending school and our remote learners took part in 'Inside Out Day' to 'Express themselves'. This opportunity to wear something different or inside out should not cause any financial burden and children should wear something they already own to 'express themselves' on Wed 3rd Feb.

We hope this week will provide an opportunity to talk about mental health as it has never been so necessary to create robust mental health and wellbeing provisions in schools. Please find attached fliers to support the coming weeks activities,

Yours sincerely,

K Wall (Deputy Head)



WE'RE TAKING PART IN
CHILDREN'S MENTAL HEALTH WEEK

CHILDRENSMENTALHEALTHWEEK.ORG.UK
#CHILDRENSMENTALHEALTHWEEK

The image is a promotional graphic for 'Now and Beyond' set against a vibrant yellow and pink background. A white rectangular card is centered, containing the following text: 'On Wednesday 3rd February 2021', 'Wear an item of clothing inside out!' (with 'inside out!' in yellow), and 'Be kind always... you never know how someone is feeling inside.' Below the card, it says 'For more information visit nowandbeyond.org.uk'. At the bottom left is the 'Now and Beyond' logo with the tagline 'on Inside Out Day'. At the bottom right is the hashtag '#LetsGoBeyond' in a yellow box.