St. Mary of the Angels Catholic Primary School
Following Jesus in all we think, do and say

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1st February 2021

Children's Mental Health Week
1st - 7th February

From 1st -7th February, we are taking part in **Children's Mental Health Week.** This year's theme is **Express Yourself.**

Expressing yourself is about finding ways to share feelings, thoughts or ideas through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film and doing activities that make you feel good. During the week, pupils in school and those learning at home will take part in activities to help them explore the different ways that they can share their thoughts, feelings and ideas.

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home. To access the activity ideas and to access tips for parents and carers, please click here or go to https://www.childrensmentalhealthweek.org.uk/parents-and-carers/

Dress to Express Day: Friday 5th February
Friday 5th February will be our school's first ever **'Dress to Express'** day.
The idea is simple – we would like all the pupils learning at home and in school on Friday to use colour to express themselves by wearing a colourful outfit. 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.

Pupils (and staff) can wear their favourite colour or choose a range of colours that express how they are feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression.

Throughout the week, class teachers will be sharing ideas and resources via SeeSaw, Google Classroom and the Class Pages.

Thank you in advance for your support.

Yours sincerely

Mrs Wilson

Headteacher