



ST. PAUL'S CATHOLIC PRIMARY SCHOOL

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7th February 2023

Dear Parents,

On Friday 10th February the whole school will celebrate Children's Mental Health Week. They will spend the day in various activities looking at how we can promote good mental health in ourselves and others.

The theme of Mental Health Week this year is "Let's Connect". Children will be thinking about the people they are connected to and who are important to them in their class, school, family and community. They will take part in lots of activities designed to help them see how they can come together to help each other. You will find lots of resources for families to take part in as well on the Place2Be website <https://www.childrensmentalhealthweek.org.uk/families/>

Some of the activities that will take place on Friday will be PE related so we would ask that children come to school in comfortable clothes – sweat shirt and leggings or a track suit (no football kits) so that they can participate in everything on the day. We would like these outfits to be as colourful as possible so that we are "dressing to impress".

I am sure the children will enjoy the Let's Connect Day on Friday. We will be sure to post pictures on Facebook and Twitter so that you can share in the day too.

Yours sincerely,

Mrs C Fenna
Headteacher