



**KIRKHILL PRIMARY SCHOOL**  
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*At Kirkhill we are #PROUD of our school community. Everyone is encouraged to be creative, strive for excellence and be inspired to attain, achieve and be their best.*

January 31<sup>st</sup> 2020

Dear Parent/Carers,

**"Find your Brave" – Children's Mental Health Week 3<sup>rd</sup> – 9<sup>th</sup> February 2020**

1 in 8 children and young people have a diagnosable mental health condition. This year we're supporting @Place2Be's #ChildrensMentalHealthWeek next week to help raise awareness of the importance of children and young people's mental health.

The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is 'Find your Brave'. Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self-esteem and make you feel good about yourself. During the week we will be talking about bravery in assemblies and in class and sharing ways with our school community that you can help if you are worried about someone's mental health.

On Thursday 6<sup>th</sup> February we will be having a dress down day to raise awareness for children's mental health and the pupils will be encouraged to be "brave" and wear items of non-uniform back to front or inside out. As this is a day of awareness we will not be collecting any money donations but pupils are welcome to come to school in non-uniform.

Further information about supporting children's mental health can be found on <https://www.place2be.org.uk/>

Thank you for your continued support

Kind Regards

Liz Edmonstone

Head Teacher

**FIND YOUR  
BRAVE**

#ChildrensMentalHealthWeek

