





Children's Mental Health Week 7-13 February 2022

## **Growing Together**

This week we will be joining many schools across the country as we participate in Children's Mental Health Week. The children will be engaged in a number of activities throughout the week both with their class teacher and with Emma Driver, our CCPS Active Schools Coordinator and her team of coaches.

As a Place2Be School we already have our very own counsellor, Claire Blaney. Claire already works closely with the teachers and children but this week she will be delivering sessions in class too.

On Wednesday 9<sup>th</sup> and Friday 11<sup>th</sup> the children can come to school in clothes appropriate for taking part in sport. We have a surprise planned for the children on Wednesday and we will keep you all updated on what the surprise is and how much they have enjoyed it (fingers crossed)!

On Thursday 10<sup>th</sup> February we will be participating in 'Dress to Express'. This was so successful at last year's Children's Mental Health Week that Place2Be decided to bring it back again this year too! The children can come to school wearing their favourite clothes and these can be as bright and wacky as you like. For 'Dress to Express' we would welcome any donation you can afford to make, and these will be collected anonymously in class and donated to Place2Be. The school will also make a financial contribution to supplement your donations.

Thanks for continued support and we are looking forward to a fabulous three days!