

Children's Mental Health Week



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Mrs Gray



To: Ms McCormack; Mrs Smith; Mrs Watson; Mrs Kinnear; Miss Brown; M Tue 30/01/2024 16:52
Cc: Headteacher Kirklandpark Primary; Mr Hepburn; Mr McPhilemy; Miss Macke



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85 KB



cmhw-24-gratitude-letter.pdf
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967 KB



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cmhw-primary-schools-pack-2...
13 MB



hearing-the-voices-of-those-wi...
65 KB



top-tips-for-schools.pdf
76 KB



9 attachments (18 MB)
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Good afternoon,

Children's Mental Health Week 2024

Children's Mental Health Week 2024 will take place from 5–11 February 2024. This year's theme is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

I have attached the primary pack from Place 2 Be with some slides and activities to use throughout the week. Please can you use your Health and Wellbeing slot to plan one activity based around this theme, either using your own or the ideas provided and share on Twitter next week.

Mental Health Display

Throughout the week there will be representatives from the Health and Wellbeing Heroes in the atrium encouraging pupils to record their ideas on the display. This will consist of three different parts:

Proud Clouds – We would love to hear what you are proud of; this could be big or small. Have you