



St John's Highbury Vale C of E Primary School

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Monday 6th February 2023

Dear Parents and Carers,

Children's Mental Health Week

Children's Mental Health Week is taking place from 6–12th February 2023. At St John's, we are committed to supporting the emotional health and wellbeing of our pupils and this is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health. We will be having an assembly, different activities in the classrooms and a special non-uniform day on Friday.

St John's will be taking part in Place2Be's fundraising project to support the mental health of children and young people throughout the UK aiming that every child should have easy access to mental health support whenever they need it.

Dress to Express

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **Friday 10th February**. We also kindly ask that all children make a voluntary £2 donation, either by bringing their donation to school on the day or by making a donation [online](#).

Your child/children's Dress to Express outfit can be as simple, or elaborate as they like! Dress To Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a Dress to Express Day during Children's Mental Health Week and hoping children will enjoy all the activities through the week.

Kind regards,
Edita Labute
Mental Health Lead

