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7th February 2019

Dear parents and carers,

Re: Children's Mental Health week 11th – 15th February 2019

This year's Mental Health week focusses on taking steps to be '**Healthy, inside and out**'.

When we think of being healthy we think about looking after our bodies and our physical wellbeing, for example through the food we eat, being active and getting enough sleep.

In order to be healthy overall we also need to look after our minds and our mental wellbeing.

As part of Mental Health week we will be promoting ways in which we can be healthy inside and out. Children will be given the opportunity to take part in various activities which will support this.

On **Friday 15th February**, we are asking children to bring something into school that makes them feel good. For example, this could be a picture of them taking part in an activity that makes them happy. It could even be fruit or a water bottle to show how they keep healthy.

Children can also wear their own clothes and make a donation of £1.00. This fund raising will go towards the charity 'Young Minds.' See www.youngminds.org.uk to see some of the amazing work they do!

Thank you for your support

Best wishes

Carol Powell and Zehra Bulent