



COURTWOOD PRIMARY SCHOOL

Nurturing Knowledge;
Learning for Life.

Courtwood Primary School
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Principal: Natasha Grant
Deputy: James Howland



Wednesday 24th January 2024

Dear Families,

From 5th-9th February 2024, schools, families, and communities across the UK will take part in Children's Mental Health Week. The week is run by children's mental health charity Place2Be and aims to shine a light on the importance of children and young people's mental health. Throughout the week pupils will be carrying out different activities in their classes to help further their understanding of mental health and to how to support each other.

Courtwood are passionate about supporting the whole child and celebrating what makes them special, so we will be finishing the week on **Friday 9th February** with a '**Dress to Express Day.**'

On this day we would like to encourage the children to use clothing and colour to express themselves. This could be dressing in their favourite outfit or something that reflects the people, things or hobbies and interests that are important to them. This is an opportunity for the children to let their individuality shine through!

If you would like to make a small voluntary donation, a charity bucket will be available on the school gate at the start and end of the day. All proceeds will be going to Place2Be which is a children's mental health charity supporting pupils, families, and staff in UK schools.

For more information and advice on supporting the mental health of primary-aged children please visit [Place2Be: Parenting Smart: Articles.](#)

Kind Regards,

Mrs L Cleaves
SENDCo

Mrs L Thomas
Personal Development Lead

RESPECT

RESILIENCE

ASPIRATION

KINDNESS



The Collegiate Trust
Exceptional Education for All

