



Little Hill Primary School

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Part of the OWLS Academy Trust

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Dear Parent/Carer

CHILDREN'S MENTAL HEALTH WEEK – 1st - 7th FEBRUARY 2021

DRESS TO EXPRESS DAY - Friday 5th February 2021



From 1st to 7th February 2021 schools, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **Express Yourself**. We think it is more important than ever to take part in this event as a school.

Expressing yourself is about communicating your individuality! This could be words, clothing and hairstyle, or through art forms such as poetry/writing, drawing, music and dance. Self-expression can help you showcase your true self - your story, your thoughts, feelings and emotions. We get lots of messages from different places about what we should be and how we should act - self-expression is not about being the best or putting on a show, but being who you are!

This week we are letting you express yourself in a creative way.

Follow the link below for ideas for things you could do and post your creations on the class Dojo or on Twitter @littlehill, labelled 'Express Yourself'.

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

On Friday we will have a whole school wellbeing day, different activities will be posted for this day. One simple way to express yourself on Friday is through colour..., so why not try wearing a colourful or favourite outfit to express your individuality.

Looking forward to the week,

Mrs T Roberts
SENCO

Mrs N Richardson
Emotional Literacy Support Assistant

