



"From the first day of term to the last, the small moments in a school day make a real difference to your child."  
#AttendanceCounts"

Tuesday 7<sup>th</sup> January 2025

## Children's Mental Health Week – 3<sup>rd</sup> - 7<sup>th</sup> February

### Express Yourself Day – Friday 7<sup>th</sup> February

Dear Parents and Carers,

We are excited to announce that we will be taking part in Children's Mental Health Week this term. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is **'Know yourself, Grow yourself.'** The week will culminate on Friday 7<sup>th</sup> February with **'Express Yourself Day'** where children can come dressed in whatever they would like to! It would be great for families to get involved too at the beginning and end of the school day.

#### What's it all about?

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way.

#### How you can help

Attached with this letter is a flyer from [Place2Be](#) with activities to try out at home, Place2Be's Children's Mental Health Week 2025 is joining forces with Here4You to explore the importance of self-awareness and expressing emotions. Here4You is supported by The Walt Disney Company, and through the characters of Pixar's Inside Out and Inside Out 2, the resources encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.



#### What happens in school?

At Grimoldby Primary School the wellbeing of our children is paramount and over the last few years we have embedded the use of our 'Wellbeing Check ins' across school. Children use this confidently to share how they are feeling with their Class Teacher. Please see our website for further information by clicking [here](#).

If you have any questions, please do not hesitate to get in touch at [enquiries@grimoldbyprimaryschool.co.uk](mailto:enquiries@grimoldbyprimaryschool.co.uk)

Yours faithfully,

Mrs Becky Taylor  
Deputy Headteacher

***"Being the best that we can be..."***

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