



# Poulton Lancelyn Primary School



Dear Parents,

2<sup>nd</sup> February 2024

Next week is **Children's Mental Health Week**. The theme this year is '**My Voice Matters**'. At school, the children will be given the opportunity to share their opinions and talk about what is important to them. To make the most of this opportunity, we would like your support in the following three areas:

## 1. Optional Homework Task.

We would also like to capture some of the things that are most important to the children in a display and invite them to take part in an optional homework activity, '**What Matters to Me**'. This activity will be posted on SeeSaw by your child's class teacher and more details can be found below.



<https://www.childrensmentalhealthweek.org.uk/families/what-matters-to-you-activity-for-4-11-year-olds/>

## 2. Express Yourself Day

As part of Children's Mental Health Week, we are also planning an '**Express Yourself Day**' to celebrate the individuality of our pupils. This will take place on **Friday 9<sup>th</sup> February**. On this day, children are invited to come to school dressed safely, but in a way that expresses something about themselves. It could be some clothes or accessories that relate to their favourite hobby, a t-shirt decorated with their favourite character, favourite colour or just the types of clothes that they enjoy wearing. Please select from something that your child already has at home, rather than have to shop for something new! We want pupils to feel completely themselves during Express Yourself Day, but do ask that the clothing that they select are suitable and comfortable enough for a typical school day.

## 3. MyHappyMind parent resources

Finally, this half term children are taking part in **MyHappyMind** sessions during PSHE lessons. These lessons support children with understanding the way that their brain works and some ways to relax and unwind when they are feeling worried or sad. If you would like to learn more about this, and support your child further at home, please download the below app to access **MyHappyMind** parent resources, using the school code: **143503**.

Thank you for your support.

Yours sincerely,

**Mrs Swift**  
**Mental Health and Wellbeing Lead**



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