



Byfleet Primary School

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29th January 2021

Dear Parents/Carers,

From 1-7 February 2021, we're taking part in Place2Be's Children's Mental Health Week. With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.

This year's theme is '**Express Yourself**' and Place2Be are encouraging children (and adults) to explore the different ways we can, and the creative ways that we can share our feelings, our thoughts and our ideas.

In line with this, the topic theme next week will be 'wellbeing' and all week your child's teacher will set activities designed for the children to learn about wellbeing, promoting good wellbeing.

Place2Be has also created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas. There are lots of resources on the [Children's Mental Health Week website](#) that you can use with your child at home; including [activity ideas](#) and [tips for parents and carers](#).

Visit childrensmentalhealthweek.org.uk to find out more.

As always, many thanks for your ongoing support.

Yours sincerely

Mrs D Elliott

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Deputy Headteacher