



Dear Parents/Carers

**Children’s Mental Health Week – ‘Dress to Express’ non uniform day**

As part of Children’s Mental Health week, on Friday 7 February the children are invited to participate in an ‘Dress to Express’ non-school uniform day. The children can wear anything that makes them feel good! This could be a football kit, a costume of their favourite character, their pyjamas, etc. Please ensure that the shoes and clothes worn are suitable for school.

We are asking for donations of £1 per child to participate in this event. The money raised will go towards outdoor play equipment to support the children with their wellbeing during break times. Please complete the slip below and send in with donations by Thursday 6<sup>th</sup> February.

During the week commencing Monday 3<sup>rd</sup> February, the focus for the week is ‘Know yourself, Grow Yourself’. Children will attend key stage assemblies and do activities in class that focus on this theme.

We look forward to seeing the choices of clothes on Friday 7<sup>th</sup> February!

Kind regards

Miss H Rumph  
Pastoral Support Lead

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Please return to school office by Thursday 6<sup>th</sup> February.

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Child’s name..... Class.....

My child is participating in ‘Dress to Express’ and I enclose a voluntary donation of £1 to go towards outdoor play equipment.

Signed..... Date .....

