

Northwick Park Primary and Nursery Academy

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Executive Headteacher: Emma Lane MBE

Head of School: Kerry John

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Dear Parent/Carer,

Children's Mental Health Week

As a school, we will be taking part in Children's Mental Health Week to empower, equip and give a voice to all children and young people.

Children's Mental Health Week is taking place from 3rd – 9th February 2025 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health and wellbeing. During this week, we will hold an assembly, and the children will complete a range of activities in class so they can engage with this year's theme, Know Yourself, Grow Yourself.

We believe every child should have easy access to mental health support whenever they need it. As a school, we have created many safe spaces where children can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. We also have trained staff available to support the children in expressing themselves.

Dress to Express

On Friday 7th February, we will be encouraging all children and staff to use clothing and colour to express themselves. Your child's Dress to Express outfit can be as simple or elaborate as they like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health.

If you wish to find out more about supporting your child's wellbeing, then the NHS website has lots of information and strategies to support you.

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Kind regards,

Emma Lane MBE
Executive Headteacher