

Northwick Park Primary and Nursery Academy

Company No. 9154404

Third Avenue, Canvey Island, Essex. SS8 9SU

Telephone: (01268) 684554

admin@northwickpark.essex.sch.uk

Executive Headteacher: Emma Lane MBE

Head of School: Kerry John

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Dear Parents/Carers,

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 9th to 13th February 2026 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, This is My Place.

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 13th 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. We will also be using this opportunity to raise funds for 'Kids Inspire' and are asking for donations of 50p. Kids Inspire is an amazing charity that, as a school, we work with. They specialise in providing early mental health for children and young people.

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