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5th February 2024

Dear Parent/Carer,

Express Yourself and Wear Your Favourite Top!

Children's Mental Health Week 2024 will take place from 5th – 11th February this year with the theme 'My Voice Matters', aiming to empower children and young people and provide them with the tools they need to express themselves. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem, and feel more able to make positive change.

To help children understand that their voice is important, we will be holding a **'Wear Your Favourite Top!' Day on Thursday 8th February**.

This is **NOT** a non-uniform day – pupils are to wear their school trousers/skirt but can wear an appropriate favourite top/jumper instead of their school top/jumper.

We are not expecting a donation for this – this day is for the children to enjoy wearing their favourite top and to understand that their opinions matter.

Attached to this letter, you will find valuable information and top tips on how to support your children during Children's Mental Health Week and beyond. We encourage you to take some time to review this material, as it provides insights into fostering a healthy mental well-being for your children

If you have any questions please email me at FSW@highwood.wokingham.sch.uk.

Yours sincerely,

Lucy Morris
Family Support Worker