

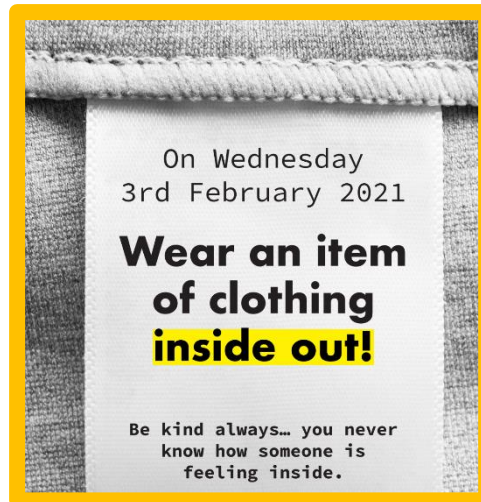


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Dear Parents and Carers,

Next week is Children's Mental Health Week and the organisation 'Now and Beyond', are hosting a special 'Inside Out Day' to help everyone to understand the importance of looking after our mental health and wellbeing.

On Wednesday 3rd February, we are asking all the children to wear an item of clothing inside out as a special symbol to show that we never quite know how someone is really feeling inside, so we should always try to show kindness towards one another. This could be as simple as wearing a jumper, coat or even socks, inside out.

Children in school and learning remotely will also take part in a special session on Wednesday afternoon to learn more about looking after their mental health, showing kindness towards each other, and looking at ways to encourage positive well-being, particularly during these very challenging circumstances.

For further information and to find out more about this forward-thinking organisation, please see the link below.

<https://nowandbeyond.org.uk/>

There are also lots of further resources for parents and carers to support for children's mental health on the Place2Be website: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Yours sincerely

Mrs J Callaway
Headteacher