



ADDMORE FEDERATION
'Together we add more'

Moreton Say CE Primary School
Moreton Say, Market Drayton
Shropshire TF9 3RS

☎ 01630 638 465

✉ moretonsayadmin@addmorefed.shropshire.sch.uk

🌐 www.moretonsay.shropshire.sch.uk

Executive Headteacher: Mrs S Henney

Mental Health Week Monday 7th – Friday 11th February

Monday 7th February 2022

Dear Parents/Guardians,

This morning we launched our '**Growing Together Mental Health Awareness Week**' with a whole school Assembly. I am now excited to inform you of the following events that will be taking place throughout the remainder of the week.

On **Friday 11th February**, we will be taking part in Place2Be's '**Dress to Express**' event; fundraising to provide mental health resources and provide training to those who assist in supporting the mental health of children and young people throughout the UK - a cause we feel is now more important than ever. As a school community, we will be encouraging all students and staff to come into school using clothing and colour to express themselves. **Dress to Express** outfits can be as simple or elaborate as you like, is an opportunity for self-expression and a celebration of diversity. The day also provides a great opportunity to be open about mental health and start conversations within our school community. Place2Be believe every child should have easy access to mental health support whenever they need it and promotes the use of safe spaces in schools where students can open up and talk freely without pressure, arming them with the emotional skills and resilience required to help manage with some of the trickier events which life can throw at us; something which we as a federation are looking to promote and develop.

As a charity, Place2Be rely heavily on the generosity and support of the community to continue their essential work in the future in a way which reaches our children. We are therefore kindly asking for a suggested donation of £2, we'd love everyone in the school to take part in this special event to support such a wonderful cause.

As part of our timetable of events encouraging us to 'Grow Together' we will also, on **Friday**, be taking it in turns to make a show stopping herb garden in the Forest School area based on the Mental Health Week theme of growing together. Each class will plant a section of our herb garden and this will become a feature within school; a place where children can come and relax and take time out when needed. We will be finishing Mental Health Week with a whole school discussion and some well-earned treats – hot chocolate, biscuits and a chat.

Included in the timetable of events will be a series of assemblies **throughout the week** themed around the topic mental health, as well as this there will be times to '**Drop and Explore**' during lesson time. This will allow your child to have 15 minutes daily where they can carry out some mindful activities that they enjoy.

Thank you for your continued support, we are very excited for the week ahead!

Many thanks,

Miss Clarke, School Mental Health Lead.

