

Monday 29 January 2024

Dear Parents

The week beginning 5 February is Place2Be's 'Children Mental Health Awareness Week 2024'. The theme this year is 'My Voice Matters'.

Evidence shows that empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem.

For Children's Mental Health Week 2024, Place2Be wants all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters". You can watch [this video](#) – featuring the voices of children and young people – to learn more about the theme. We will be marking this event with a theme assembly, dedicated early morning tasks, planned circle times and playground activities with a mindful theme.

Alongside this, the Anti-Bully Ambassadors and School Parliament are inviting all children to take part in the Grange Park 'Express Yourself Exhibition'. The exhibition will allow children to celebrate what makes them unique, giving them an opportunity to showcase to the whole school what matters most to them. We are encouraging children to make, draw, paint, act out, dance, sing, bake what matters most to them and/or what makes them unique. This could be showing off a hobby, such as skateboarding or dancing, telling us what matters to them, such as less food waste or simply showing all of the things that make them who they are.

Express Yourself is about letting children's voice shine through and empowering them to tell their own stories! If they need a little inspiration, there are some ideas posted on their Google Classroom to help them get you started!

We are asking for a voluntary donation of £1 to enter and all entries will be displayed in the dining hall throughout the week of Children's Mental Health Awareness Week.

The MPs and Anti Bullying Ambassadors will come around and collect entries on Monday 5 February so children must ensure that you have handed them to their teacher by this date.

All money raised will go towards purchasing Anti Bullying Ambassador hoodies (so that they are easily visible on the playground) and resources for the playgrounds calm zone.

We look forward to celebrating your children's creativity.

Best wishes
Rebecca Neale
Deputy Headteacher