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## Children's Mental Health Awareness Week 3-9 February 2025

Dear Parents and Carers,

This year, in support of Children's Mental Health Week, we are taking part in Place2Be's theme 'Know Yourself, Grow Yourself' - *the more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.*

Throughout the week, the children will be taking part in 'self-awareness' activities and will be encouraged to talk about their emotions to: build their sense of self, grow their ability to connect with others and develop their skills and talents.

We would like to round off the week with **Bake a difference!** We are inviting all children, parents and staff to showcase their baking skills by bringing in homemade treats to sell. You could even decorate your bakes with positive messages or fun designs! We would love you to get involved and bring your bakes into school on **Friday 7<sup>th</sup> February**. We will showcase the bakes on our school Facebook and website. Please remember that we are a nut-free school and all bakes should be nut-free. Please also ensure your child knows the bakes will be cut up to sell to avoid upset 😊

As we are selling the bakes, **children may bring £1** to buy a bake at playtime. All monies raised will go directly to Place2Be's campaign to improve Children's Mental Health services. If we have any bakes left over, we will send a text to invite you in to buy some at home time.

Thank you for your support as always. I look forward to seeing some creative bakes!

Mrs L Toor

Co-Headteacher

Just a reminder that parents have access to our MyHappyMind scheme (Parents app) that we use in school. To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account. You will need to enter your name, email, and authentication code. Your authentication code is **119265** or simply scan this QR code to sign up. Once you have created your account, you will receive an email with the next steps on downloading the app.



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