



Tuesday, 3rd February 2026

Dear Parents,

Next week is Children's Mental Health week. The Place2Be theme this year is 'This is my place'.

We will start the week with a whole school assembly on this theme.

In PSHE the children will be looking at belonging, being part of something, feeling connected, valued and accepted.

On Friday we would like to have a home clothes day linked to this theme. We would really like the children to come to school wearing something that represents them – this might be their favorite outfit where they feel most comfortable or it could be linked to where they feel they belong most such as a football team, club, group or interest.

As we know, our mental health flourishes when we feel connected and valued. When children or young people have a strong sense of belonging, they feel more confident, develop resilience, build stronger relationships, experience less anxiety and loneliness, have better self-esteem and feel motivated.

We hope the children enjoy the theme this year.

Yours sincerely

Kind regards,

Mrs Pippa Moody
SENCO and Wellbeing co-ordinator

Victoria Markou
ELSA

Ashleigh Tennent
ELSA