



# St. John's CE Primary School

Growing and learning together  
Sharing the love of God

Headteacher: **Amanda Aze**

Chair of Local Advisory Board: **Vivien Sloan**

Coombe Avenue, Weymouth, Dorset, DT4 7TP

Email: [office@stjohnswey.dsat.org.uk](mailto:office@stjohnswey.dsat.org.uk)

Website: [www.stjohns.dsat.org.uk](http://www.stjohns.dsat.org.uk)

Tel: 01305 785711

25<sup>th</sup> January 2024

Dear Parents/Carers,

## Children's Mental Health Week

Children's Mental Health Week will take place from 5<sup>th</sup> – 11<sup>th</sup> February 2024 and the theme this year is 'My Voice Matters'.

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there is a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference, have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together, to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe – "My Voice Matters". Throughout the week, children will be taking part in mindfulness activities, including a special afternoon where they can choose a session, ranging from football, running, cooking and arts and crafts, to support their mental health.

To end the week, we will be holding an express yourself day on **Friday the 9<sup>th</sup> February**. Children are invited to come to school in clothing that 'expresses' them. This will be a non-uniform day. Please see below for ideas and information:

## LET YOUR IMAGINATIONS RUN WILD

**We're all different – we all have different things that make us tick and that bring a smile to our face.**

Express Yourself allows children and young people to celebrate what makes them unique with an incredibly fun dress-up day – this could be sharing their favourite hobby, such as skateboarding or dancing, or wearing their favourite colour or accessory. Or it could just be coming in as themselves.

Express Yourself is about letting children's voice shine through and empowering them to tell their own stories! If you need a little inspiration, here are some ideas on the right to get you started!

- ① Let your inner disco diva shine on the dance floor
- ② Let your personality shine through with your favourite colours
- ③ Embrace your creative side and unleash your artistic energy
- ④ Show off your team spirit with your favourite team's kit
- ⑤ Take the stage as the coolest rockstar in town
- ⑥ Come as you are and wear your comfiest clothes!
- ⑦ Bring the cool energy of the skate park to the playground
- ⑧ Share what makes you... you and celebrate what sets you apart.

We would love to raise money to support this brilliant charity that raises awareness of the importance of children's mental health.

If your child is dressing to express themselves then please make a £1 minimum donation, and pass to the class teacher or staff on the playground.

Kind regards,

Miss Rist and Mrs Haskins  
PSHE Subject Leaders



Diocese of Salisbury  
Academy Trust  
*'Beyond expectations for all of God's children'*