



*Grove House Primary School, Myers Lane, Bradford, BD2 4ED*  
**Telephone: (01274) 636921 Email: [office@grovehouseprimary.co.uk](mailto:office@grovehouseprimary.co.uk)**

23<sup>rd</sup> January 2024

## **Children's Mental Health Week (5<sup>th</sup> – 11<sup>th</sup> February 2024)**

Dear Parents/ Carers,

We're delighted to announce we are taking part in Children's Mental Health Week 2024. Launched in 2015, the week exists to empower, equip and give a voice to every child in the UK. This year's theme is **My Voice Matters**.

1 in 6 children and young people now have a diagnosable mental health condition. By taking part in Children's Mental Health Week 2024, you can help us to ensure that children and young people across the UK feel listened to, and know that they're not alone.

Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. As adults, our role is to empower children and young people, and provide them with time, space, and opportunities to express themselves. We must also ensure they have opportunities to influence aspects of their worlds that directly - or indirectly - affect their wellbeing.

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. They also have a greater sense of community – and as people become empowered, they can work together to create positive changes for themselves and for others.

Across the week the children will be taking part in a range of activities to increase their understanding of mental health and will learn a range of techniques to support their own mental health.

	<b>Monday 5<sup>th</sup> February</b>	<b>Tuesday 6<sup>th</sup> February</b>	<b>Wednesday 7<sup>th</sup> February</b>	<b>Thursday 8<sup>th</sup> February</b>	<b>Friday 9<sup>th</sup> February</b>
<b>In school activities</b>	What is mental health? My voice matters.	Breathing and meditation	What is a sensory circuit – how can I use it them support me?	Express Yourself Day!	No school - teacher training day
<b>Parental activities</b>	Parent tours – mental health provision in school			Enrichment visits – parents to spend time in classes 2:30 – 3:15. (Book with class teacher)	



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**On Thursday 8th February children are invited to ‘Express themselves’.** 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:

- Let your inner disco diva shine on the dance floor
- Let your personality shine through with your favourite colours
- Embrace your creative side and unleash your artistic energy
- Show off your team spirit with your favourite team’s kit
- Take the stage as the coolest rockstar in town
- Come as you are and wear your comfiest clothes!

There are events that we would love parents to attend. We will be doing some tours of school to showcase our provision for mental health and talking you through some strategies you can use at home. You are also invited on Thursday 8<sup>th</sup> February to work in classes with your children.

Thank you,

**N.Wade**

Nicola Wade

Deputy Headteacher and SENDCO