

Dear Parents/Carers,

Children's Mental Health Week will take place from **Monday 9th February to Friday 13th February 2026**, with the theme **"This is my place"**, focusing on helping children feel safe, valued, and that they belong.

Throughout the week, children will take part in activities during the school day linked to the theme **"This is my place."**

On **Thursday 12th February**, we will be having a **"COME AS YOURSELF DAY."**

Children are invited to come to school wearing an outfit that makes them feel comfortable, confident, and truly themselves. This could be cosy clothes, cultural dress, favourite colours, or something meaningful to them.

Please ensure that children wear appropriate footwear suitable for a normal school day, as they will still be taking part in their usual activities.

On **Friday 13th February**, there will be an **INSET day** where the focus is **"This is My Family & Community."** Below are some optional home activities which you can complete with your child/children:

- Talking together about what makes your family special
- Drawing people or places that help your child feel they belong
- Completing a small act of kindness at home

Thank you for your continued support in helping us promote positive mental health and a strong sense of belonging.

Kind regards,

The SMSC Team