



Howard Primary School



Dear Parents/Carers,

This year we will be celebrating Children's Mental Health Week from 1st Feb to 7th Feb 2021.

The theme for the week is: **EXPRESS YOURSELF**

How do we plan to celebrate Children's Mental Health Week?

In school and online, we will be exploring what it means to express yourself and why it is an effective tool to maintain and improve good mental health.

1. We will be using age appropriate resources from Place2Be in class and online to raise awareness in children and adults.
2. **On Tuesday 2nd February at 09:15**, Miss Ancel will launch her **10 days Yoga challenge** for all to take part in. You will be texted the Zoom code closer to the date, so you can take part in the launch presentation.
Watch the preview on YouTube: <https://www.youtube.com/watch?v=gRWIjZZMKSQ>
3. **On Thursday 4th February**, we would like all adults and children, both at school and at home, to **DRESS TO EXPRESS!** What will **YOU** wear?
4. We will be posting practical self-help tools and details of useful organisations supporting families and children on our Well Being page :
<https://www.howard.croydon.sch.uk/classrooms/well-being/>

We look forward to celebrating Children's Mental Health Week with all of you!
Mrs Pollington



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