



# PARKLANDS COMMUNITY PRIMARY SCHOOL

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Headteacher: Miss Charlotte Angeli

26.01.24

Dear Parents and Carers,

The week beginning the 5<sup>th</sup> February is Children's Mental Health Week – a nationally observed week promoting all things to do with strengthening mental well-being for children.

At Parklands, we are supporting this and will be partaking in different activities to help our children know their mental health is important to us. This year, the theme is 'My Voice Matters' and throughout the week, the activities will be based around allowing the children to air their views, find different ways to express their opinions and know that we are always here to listen. Miss Angeli, Mrs Thompson and myself will also be making ourselves available at lunchtimes in a 'Listening Lab' so the children can come and talk to us as well. We might even pick up some interesting ideas to help improve the school, too!

At the end of the week, we will be celebrating what we have done and what the children have told us and learnt along the way. We would like to allow the children the opportunity to express themselves with their choice of clothing on Friday 9<sup>th</sup> as well. This means that the children are welcome to come dressed as they would wish that day, rather than school uniform.

We will share with you a few of the things the children have achieved at the end of the week, too.

Many thanks for your continued support,

Michelle Earnshaw  
Deputy Headteacher