

Monday 5th February 2024

Children's Mental Health Week 2024



Dear parents and carers,

This week we will be taking part in Children's Mental Health Week – 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's 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."

Children will be participating in a range of activities all week to raise the profile of mental health.

On Friday 9th February we will be celebrating with a Dress to Express non-uniform day. Please feel free to come to school in your craziest outfit or costume!

Let's come together to raise awareness, foster creativity, and empower children and young people to be mental health champions!

Thank you for your continued support.

Norbridge Academy