



Greenfield Primary School

Excellence and Enjoyment for All

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28th January 2021

Dear Parents/Carers

Next week school will be celebrating Children's Mental Health Week in school and at home.

The focus this year is 'Express Yourself'. Children will be taking part in different activities throughout the week and we will also be holding a fundraising day: 'Dress to Express'. The idea is to encourage children to use colour to express themselves by wearing a colourful outfit (either at school or at home) on **Wednesday, 3rd February 2021**. We also kindly ask that all children who take part make a suggested £2 donation for the charity who organised this, Place2Be, either by bringing their donation to school on the day or by making a donation online.

Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. Your child/children could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.

We look forward to the week and thank you for your support.

Many thanks,

Yours sincerely

Miss Porter
Mental Health and Well-being Coordinator

