

02/02/21

Children's Mental Health Week - Mufti day!

Dear Parents/Carers

I am writing to you about *Children's Mental Health Week*, the theme is *Express yourself*, along with the planned activities we would like to offer a mufti day on **Thursday 4/02/21** to all students, staff and parents!

We want everyone to feel comfortable so the offer is to wear sport comfy clothes or your PJ'S, I think you will agree both outfit choices can make us feel cozy and comfy or ready to move and be active, which are both excellent for our mental health.

Please take pictures and upload them to Evidence me or email them in if you are home schooling.

I look forward to seeing you all in your chosen outfits on Thursday either in school, on zoom or pictures sent in.

Kind regards

Mrs. Fiona Blair

Emotional and Behavior support/RSE Instructor

