



**GRETTON  
PRIMARY  
SCHOOL**

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**Headteacher: Mr Adam Sallis MEd, NASEN, NPQH**

Monday 29<sup>th</sup> January 2024



Dear Parents,

We are delighted to inform you that we will be taking part in Children's Mental Health Week 2024 from Monday 5<sup>th</sup> – Friday 9<sup>th</sup> February. Children's Mental Health Week is a mental health awareness week that aims to empower, equip and give a voice to all children and young people in the UK. The theme of this year's week is 'My voice matters.' We have a wide range of exciting activities on offer during the week, please see the timetable below.

**Monday 5<sup>th</sup> February**

- The staff and children are invited to come into school wearing something that makes them feel happy. It could be a favourite sports kit, a cuddly jumper or an item of clothing that is their favourite colour.
- We also have a cricket workshop for each class so we require each child to bring their trainers

**Tuesday 6<sup>th</sup> February**

- Each class will be participating in a circus skills workshops during the morning. Usual school uniform to be worn.

**Wednesday 7<sup>th</sup> February**

- The children will be participating in an art workshop during the afternoon.

**Thursday 8<sup>th</sup> February**

- FOGS have kindly funded Tash from the Calm Club to run yoga and mindfulness workshops with each class during the morning. Usual school uniform to be worn.

**Friday 9<sup>th</sup> February**

- The staff and children are invited to 'Wear a scarf to school' over the top of their school uniform. Our PSHCE curriculum follows a programme called SCARF. They have produced activities for Children's Mental Health week which we will be completing throughout the week.
- Children have been asked to bring in a jar which they will use to make their own positivity jar to bring home at the end of the day.

It is set to be a fantastic week!

If you would like to learn more about Place2Be's Children's mental health week, please click [here](#)

Yours Sincerely,  
Alison Dodd  
SENDCo

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