



**GRETTON
PRIMARY
SCHOOL**

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Headteacher: Mr Adam Sallis MEd, NASEN, NPQH

Monday 2nd February 2026



Dear Parents,

We are delighted to inform you that we will be taking part in Children's Mental Health Week 2026, which runs from Monday 9th to Friday 13th February. While mental health is a key focus for us throughout the year, we are proud to join schools across the country in marking Children's Mental Health Week with a targeted and focused celebration of the importance of mental health and wellbeing. This year's theme, "This Is My Place," encourages children to explore and reflect on where they feel safe, valued, and able to be themselves. Throughout the week, children will take part in a wide range of engaging and meaningful activities designed to support their emotional wellbeing and promote positive mental health. Please see the timetable below for full details of what's planned.

Monday 9th February

- 'COME AS YOURSELF' Day - Staff and Children are invited to come to school wearing something which makes them feel most comfortable, confident, and like they truly belong — whether that's cosy clothes, cultural dress, favourite colours, or something totally unique. Celebrate what makes you, you!

Tuesday 10th February

- Each class will be participating in a wellbeing and Mindfulness workshop with Mandy Johnson who is an Ambassador for The British School of Meditation. Thank you to FOGS for kindly funding this workshop. Usual school uniform to be worn (unless it's your PE day)

Wednesday 11th February

- The children will be participating in an art workshop during the afternoon.
- During singing assembly, children will be learning a song called 'I belong' which will be recorded and shared on Dojo.

Friday 9th February

- The staff and children are invited to 'Wear a scarf to school' over the top of their school uniform. Our PSHE curriculum follows a programme called SCARF and they have produced activities for Children's Mental Health week which we will be completing throughout the week.

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,
Alli Dodd
SENDCo