



All Saints' Catholic Primary School

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Living our Faith, Learning in Love

Friday 3rd February 2023

Dear Families

Children's Mental Health Week

Next week we will have a whole school focus on Children's Mental Health.

With the national theme of 'Let's Connect', we will explore the many 'connections' we have in our lives which impact on our mental health.

These will include the connections we make with one another and how we can improve these for the benefit of everyone's mental health.

We will also explore the many physical and chemical connections in our bodies and how these impact on our mental health, and why.

The week will end with a 'dress-up' day when children can, if they'd like, dress in any way which expresses and celebrates their uniqueness, and Year 6 are organising a talent show on Friday too!

We know this will be a fabulous, as well as very important, week for everyone!

With very best wishes

Anita Fagan
Headteacher

"I can do things you cannot, you can do things I cannot; together we can do great things" Mother Teresa