



As a school, we are celebrating **Children's Mental Health Week 3 – 9th February.**

The theme this year is: Find Your Brave!

Bravery comes in all shapes and sizes and it is different for everyone. We all have times when we need to find our brave. Your child should bring in something themed around bravery – an object, photo or picture or story about them doing something where they found their brave. Maybe they learnt a new skill, tried hard at something they have struggled with, asked for help or did something they were scared about.

Please can your child bring in a silver coin as a donation to Place2Be's mental health charity **on Friday 7th February** and be ready to share their 'Find their Brave' Show and Tell with their class. The children will take part in an assembly and activities during the week encouraging them to step out and find their brave!

Kind Regards,
Mrs Allen
PSHE lead