

Dear parents/carers,

**Re. Dress to Express Non-Uniform Day Friday 11<sup>th</sup> February 2022**

I am writing to let you know that on 11<sup>th</sup> February 2022, we will be taking part in Dress to Express Day as part of Children's Mental Health Week in support of Place2Be, a leading children's mental health charity. I am sure that you will agree that this focus on mental health is more important than ever at present and we hope that the range of activities that we have planned for this week will help to shine a spotlight on this issue with students and our wider community.

We have already written to you in order to share our Wellbeing Newsletter and let you know about events planned during the week. **Please remember that you are welcome into school on Thursday 10<sup>th</sup> February between 2.30pm-4pm where our NHS Mental Health Team and Safer Routes will be on hand if you have questions, queries or are in need of advice in connection with your child. We know that access to children's mental health services can be difficult so we hope that you will take up this opportunity. On Friday 11<sup>th</sup> February we are encouraging students and staff to show their support for children's mental health by taking part in Dress to Express Day – wear an outfit, colour or accessory which shows off your personality and individuality. This can be as simple or elaborate as students wish, we would just ask students to remember that we do not allow:**

- Hats or caps
- Nightwear
- Revealing clothing
- Clothes with offensive slogans or graphics

**We would ask that students make a £1 donation on arrival to school if they can.** These donations will go to Place2Be to help them to continue their fantastic work supporting young people. However, the most important thing is that students feel comfortable expressing themselves through clothes and colour and should students have any difficulty paying the donation they should simply let staff know on arrival.

Thank you for your support. We hope that this week allows parents, carers and school staff to work together to open dialogues around young people's mental health in order for students to know that they are not alone and support is available.

Kind regards



Katie Lowe  
Assistant Principal