



WHISTON WILLIS PRIMARY ACADEMY

Dear Parents/Carers,

Next week, from 1st – 7th February, it is Children's Mental Health Week. In the current situation and, with lots of uncertainty around us, children's mental health has never been more important and, as a school, we are committed to raising awareness and supporting our pupils.

This year, the theme is Express Yourself and, throughout the week, we would like all children and families to take part in some wellbeing activities which you enjoy. This could be anything like dancing, a sports activity, baking, crafting or building! Please share your activities with us, we would love to see pictures and videos of our children enjoying their chosen activities.

On Wednesday 3rd February, we would like our children to wear an item of their clothing inside out. For children on site, this should be an item of your uniform and for children at home, you can share this with us via our Twitter pages. The aim of this is to allow children to think and discuss, 'Be kind always..... you never know how someone is feeling inside.'

Please keep checking your Twitter or your child's class page on the school website for suggested activities and useful links for the week.

Many Thanks for your continued support,

Mrs A. Askew

