



St. Francesca Cabrini Primary School

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1st February 2021

Dear Parents,

This week is - *Children's Mental Health Week*.

Children's Mental Health Week is taking place from 1-7 February 2021. This year's theme is *Express Yourself*.

Please copy into your browser/click the link below to take you to a **place2be** a website dedicated to Children's Mental Health.

<https://www.childrensmentalhealthweek.org.uk/>

In addition we have included the *SPREAD A LITTLE HAPPINESS* pdf which outlines some of the work your children and teachers will be doing together over the coming weeks.

Also, we would like you to follow the link below to access all of the work that we have done in school around the 'wellbeing' topic that features heavily in our on-going curriculum provision.

<https://sway.office.com/fmtA2NxcUjq6pvDn>

The first step to have a positive relationship with our own and others mental health is to talk about it and talk to each other!

Keep well and stay safe!

Kind regards,

A handwritten signature in black ink, appearing to read 'Lawton-Quin'.

Maria Lawton-Quin
Headteacher