



Orchard Community Primary School

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Dear Parents and Carers

It is estimated that over 1 in 5 children and young people in the UK have a recognised mental health condition, and many more struggle with identifying and dealing with their emotions. We are very aware that supporting our children's mental health and wellbeing is crucial. Therefore, we are excited to once again be taking part in **Place2Be's Children's Mental Health Week 2025 from 9th – 13th February.**

This year's theme, '**This Is My Place**', focuses on the importance of belonging and encourages the adults, services, and systems around children and young people to help create inclusive, nurturing environments where they feel they belong and can confidently say, "this is my place". This is something we always strive to do at Orchard, so having a focus on it and getting some feedback from the children will be helpful in developing this.

We will start the week on the Monday with a launch assembly to introduce the theme. Throughout the week, the adults in school will be delivering some focused sessions and activities, concluding with a reflection and celebration at the end of the week.

On **Friday 13th February**, pupils are invited to come to school in clothes that follow the theme: **Dress to Express Yourself!** They can express themselves through their clothes, hair, accessories - if they would like to. The children could wear their favourite colour or choose a range of colours that express how they're feeling, or they could wear clothes that represent something important to them e.g. a football shirt, Judo kit or a dancing outfit.

Children's Mental Health Week is an important opportunity to raise awareness and encourage open discussions around mental wellbeing. Being able to communicate with others about how we feel is essential to feel good and function well. As parents and carers, you play an important role in your child's mental health. Place2Be have a range of activities for families on their website, as well as some practical advice for supporting children's emotional wellbeing, and some links to some other brilliant resources. These can be found here: <https://www.childrensmentalhealthweek.org.uk/families/>

We look forward to the opportunities the week will bring to celebrate our pupils building their resilience, embracing self-awareness and strengthening their connections with others.

Thank you for your support.

Mrs. Caldwell

