



## Children's Mental Health Week

27.01.2020

Dear Parents/Carers,

The week commencing **3<sup>rd</sup> February 2020** is Children's Mental Health Week and during the week this will be the focus of assemblies and PSHE lessons. Children's Mental Health Week was launched in 2015 to shine a spotlight on the importance of children and young people's mental health.

This year's theme is all about **Finding your Brave**. Bravery can be about children sharing their worries and asking for help, trying something new or pushing themselves outside their comfort zone. Finding your Brave can build confidence, self-esteem and make them feel good about themselves. Life often throws challenges our way, bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after ourselves.

To raise the awareness of this we are asking the children to wear one item of yellow clothing alongside their uniform, this could be: a yellow jumper/ cardigan instead of their school one, yellow socks/tights, a yellow polo shirt, yellow trousers/skirt, a yellow hair band or maybe bring a yellow T-shirt to wear during PE. Children can choose which day during the week they would like to wear it so it would be a constant talking point rather than just on one day. If they want to wear one different item of yellow on more than one day that is also fine. We have chosen yellow as this is the colour promoting mental health.

As ever, if you have any questions do not hesitate to contact school. We thank you in advance for your support with this.

Yours sincerely,

Mrs Horton  
Headteacher



*'Working together to achieve our best.'*

**Rakegate Primary School**

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