



St Joseph's

Catholic Primary School

Commerell Street, East Greenwich, SE10 9AN

Headteacher: Miss S. Long

Tel No: 0208 858 4182

Email: support@stjosephs.greenwich.sch.uk

Website: www.stjosephs.greenwich.sch.uk

Twitter: [@StJosephsSE10](https://twitter.com/StJosephsSE10)

Friday 3rd February 2023

Dear Parent(s) and Carer(s)

Re: Children's Mental Health Week - 6th to 12th February 2023

I am writing to let you know that from 6th - 12th February 2023, our school will be taking part in Place2Be's Children's Mental Health Week. It is an opportunity to shine a spotlight on and raise awareness for children's mental health. The theme of the week is 'Let's Connect.' It is about making meaningful connections by encouraging children to connect with others in healthy, rewarding and meaningful ways. When we have healthy connections – to family, friends and others – this supports mental health and wellbeing.

There will be lots of different creative learning experiences throughout the week, to help the children make connections with each other. Ideas on how to support this at home and links to resources will be provided in the school newsletter.

As a school community, we will be encouraging all children and staff to use clothing and colour to express themselves on Monday 6th February 2023. Your child/children's 'Dress to Express' outfit can be as simple or elaborate as they like! 'Dress to Express' is an opportunity for self-expression and celebrating a diverse range of emotions. We suggest that children taking part in 'Dress to Express' contribute a voluntary donation of £1.00. Any funds raised will be donated to Place2Be.

Thank you for your continued support.

Yours sincerely,

H. MacGrath

Special Educational Needs Co-ordinator



'Learn together and grow in God's love'

Aspiration - Compassion - Community - Faith - Respect - Responsibility