

Friday 29th January 2021

Children's Mental Health Week 2021

Dear Parents and Carers,

Children's Mental Health Week is taking place next week (Monday 1st – Friday 7th February) and we are asking the whole of our school community to take part and help bring mental health to the forefront of conversation during this challenging time.

The theme for this year's event is 'Express Yourself'. Expressing yourself is about finding ways to express yourself, your thoughts and feelings. For many of us, this can be creatively through art, music or other forms, but for others it can be through doing something that makes you feel good or that shows a side of you.

With this in mind, why not 'dress to express' and join in with others across the country? Unfortunately, we cannot host this at school this year, however we would love for every household to choose a day and all dress to express. Wear your favourite outfits or those that help express who you are!

In the current situation, it is more important than ever to take time for your own mental health and wellbeing. We have put together a video of messages from staff, showing how they either express themselves or do things to help with their wellbeing. The video is accessible on Teams and on the school website – please do watch this with the whole family! We would love for you to join in and share with us how you find time for your wellbeing.

Finally, you will also find a Wellbeing activity card that has lots of suggestions for all students, from Reception to Sixth Form and their families, to take part in. These range from going for a walk to having a family movie night. We would love for you to tick off some of these activities during the week – try to complete at least one a day if you can.

Please do take pictures of you and the whole family taking part and send them to us either by email at Wellbeing@ccs.northants.sch.uk, Teams or social media.

Yours sincerely,

Mr Perry
Head of Brisbane & Wellbeing Council

Secondary: 01604 669200 **Primary:** 01604 669210 **Website:** www.ccs.northants.sch.uk

Principal: David James **Vice Principals:** Andrew Fisher Katherine Patterson Gary Wakefield

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