



Dear Parent/Carer,

Next week, beginning on Monday 3rd February, Perry Hall are celebrating **Children's Mental**



Health week. The week aims to shine a spotlight on the importance of children and young people's mental health. This year's theme from Place2Be, a children's mental health charity, is **'Find your Brave'**.

Place2Be explain that bravery can be about sharing worries and asking for help, trying something new, or pushing yourself outside of your comfort zone.

In school, throughout the week, we will be learning how bravery comes in all shapes and sizes, is different for everyone and how 'finding your brave' can build our confidence, self-esteem and make us feel good about ourselves. We will be looking at how we can find positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after ourselves.

As part of Children's Mental Health Week, we are inviting children to take part in a poster challenge. Early Years and KS1 children are asked to create a poster all about 'What makes me brave?' whereas children in KS2 are asked to create a 'This is me' poster, celebrating how they have found their brave in things they enjoy and in things they have found difficult.

We look forward to seeing the children's efforts in their posters!
Thank you for your continued support.

Yours sincerely,

Miss R. Kohli
Executive Headteacher