



Dear parents/carers,

Next week at Perry Hall, we will be celebrating **Children's Mental Health Week** from Monday 6<sup>th</sup> February – Friday 10<sup>th</sup> February 2023, which also coincides with **Safer Internet Day** on Tuesday 7<sup>th</sup> February.

**What is Children's Mental Health Week?**

First launched by Place2Be in 2015, Children's Mental Health Week is the key national moment for recognising children's mental health. The theme this year is Let's Connect. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. All children will take part in a range of learning activities in school over the course of the week linked to the theme.

**What is Safer Internet Day?**

Safer Internet Day is the UK's biggest online safety awareness day, which we will be taking part in on Tuesday 7<sup>th</sup> February 2023, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'. The day aims to put children and young people's voices at the heart of the day and encourage them to shape the online safety support they receive. By incorporating Safer Internet Day into our Children's Mental Health Week celebrations, we hope to ensure that all learners are thinking about their wellbeing, whether they are spending time online or offline.

On **Friday 10<sup>th</sup> February** we will be marking the end of Children's Mental Health Week by taking part in '**Inside Out Day**'. Inside Out Day is an awareness campaign that aims to empower young people to start talking about their mental health. The day is designed to represent that how someone looks on the outside doesn't necessarily reflect how they are truly feeling on the inside. **Children are to wear their uniform as usual but wear one item of clothing inside out to take part.**

**Find out more**

Find free information and resources on supporting children's mental health and wellbeing on the Place2Be website: [www.place2be.org.uk](http://www.place2be.org.uk)

Find free resources, films, top tips and more on online safety at: [www.saferinternetday.org](http://www.saferinternetday.org)

We look forward to seeing your child taking part in Inside Out Day on Friday 10<sup>th</sup> February.

Yours sincerely,

Mrs C Gibbins

Head of School