



2nd February 2022

Children's Mental Health Week 2022 - Growing Together

Dear Parents/Carers

From 7th - 13th February 2022, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is '**Growing Together**.' **Growing Together** is about growing emotionally and finding ways to help each other grow.

Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

For Children's Mental Health Week 2022, we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.

Throughout the week, each class will take part in a variety of activities, focusing on our theme and we hope the week shines a spotlight on the importance of children and young people's mental health.

Yours faithfully

Miss Costas
Deputy Headteacher

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GROWING TOGETHER

WE'RE TAKING PART IN
CHILDREN'S MENTAL
HEALTH WEEK

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