



31<sup>st</sup> January 2022

Dear Parent/Carer,

Heathland School will be taking part in **Children's Mental Health Week** (Monday 7<sup>th</sup> – Friday 11<sup>th</sup> February) in association with Place 2 Be. Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health.

This year's theme is **'Growing Together'** We will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow. In school we will be providing a range of lessons and activities linked to social, emotional and mental wellbeing along with focused mindfulness activities.

We are inviting all children (and grown-ups!) to **'Dress to Express'** on **Friday 11<sup>th</sup> February**. We would like pupils to use clothing to express themselves. Pupils could wear their favourite colour or a unique outfit to express how they're feeling, it can be as simple or elaborate as you like! On Friday 11<sup>th</sup> February we are asking to you to make the small donation of £1 to support Place 2 Be. You can make this payment via ParentPay or by bringing £1 into school. By getting involved, you'll not only be raising important awareness, but also vital funds to help more children and young people get the emotional support they need.

We hope to see everyone **'Dressed to Express'** on Friday 11<sup>th</sup> February!

Yours sincerely,

Miss F R Hopkins  
Headteacher

**DRESS TO EXPRESS**

**THIS CHILDREN'S MENTAL HEALTH WEEK**

Shine a spotlight on the importance of children and young people's mental health this Children's Mental Health Week.

Help to ensure every child has easy access to mental health support whenever they need it.

Use clothing and colour to express yourself during Children's Mental Health Week and donate £1 to Place2Be.

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**  
7 - 13 FEBRUARY 2022

Heathland Whitefriars Federation, a charitable company limited by guarantee registered in England and Wales, company number 09066965.  
Registered office address: Heathland School, Eastcote Lane, Harrow HA2 9AG

