



## Children's Mental Health Week 2024

Dear Parents and Carers,

Children's Mental Health Week is taking place from **5<sup>th</sup> - 11<sup>th</sup> February 2024** and is an opportunity to shine a spotlight on and raise awareness for children's mental health.

The theme this year is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing. During Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters."

As parents and carers, you play such an important role in your child's mental health. Please click on the link below to access **free resources** for families.

<https://www.childrensmentalhealthweek.org.uk/families/>

To celebrate Children's Mental Health Week we are having a 'Dress to Express' Non-uniform Day on **Friday 9<sup>th</sup> February**. Your child/children's 'Dress to Express' outfit can be as simple or elaborate as they like! 'Dress to Express' is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

For more information about Children's Mental Health Week please click on the link below:

<https://www.childrensmentalhealthweek.org.uk/>

Thank you so much for all of your continuing support, if you have any questions about of Children's Mental Health Week activities or resources please do not hesitate to contact Miss Price.

Yours sincerely

Mr Adam Hossen  
Head Teacher

Chapel Street, Hazel Grove,  
Stockport, SK7 4JH

Telephone: 0161 483 3699

Email: [admin@hazelgrove-pri.stockport.sch.uk](mailto:admin@hazelgrove-pri.stockport.sch.uk)



Head Teacher: Mr Adam Hossen  
Deputy Head Teacher: Mrs Gerry Rose



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