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Dear Families,

### Children's Mental Health Week 2026

Children's Mental Health Week 2026 will run from **February 9th to February 13th, 2026**, with the theme "**This is My Place**", focusing on creating a sense of belonging for children and young people. We want to encourage supportive environments where children feel they belong, with activities and resources to support belonging.

Throughout this week, children will take part in many activities relating to mental health and belonging. They will learn about certain issues relating to mental health and ways to support their own mental health.

Additionally, on **Friday 13<sup>th</sup> February** we will have a **non-uniform day** where children will **donate £1** to support 'Place2Be'. **Please donate via ParentPay**. The theme will be '**Come as yourself day**'. Children are encouraged to wear an outfit that makes them feel the most comfortable, confident and like they truly belong. Celebrate what makes you, you!

If you want to know more, or access some of the activities for families, please click on the link below.

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

Many thanks,

**Miss Felton**  
**PSHE Lead**

