

Headteacher: Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

31st January 2020

Dear Parents/Carers,

Next week thousands of children in schools across the UK will be getting involved in activities to help them to share, learn and help each other to 'Find Their Brave'. This is the theme for the national mental health week 3rd to 9th February 2020.

We all take brave steps in our lives. Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone, can build your confidence and self-esteem, and can make you feel good about yourself.

Our students will be introduced to the theme through our assemblies and PHSE sessions next week, and to raise awareness of mental health we will be having an **Odd Sock Day on Wednesday 5th February**. For more information please visit the website www.childrensmentalhealthweek.org.uk where you will find useful information for parents and carers.

Yours sincerely,



Dr J Bartlett
Headteacher