



Westfield Primary School

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Headteacher: Mrs Karyn Hing

Thursday 23rd January 2025

Children's Mental Health Week: 3rd to 7th February

Dear Parents and Carers,

I hope this letter finds you well. I am writing to let you know about our exciting upcoming themed week (Children's Mental Health Week) which will run from the 3rd to the 7th of February. During this week, we will engage in various fun activities designed to help our pupils understand, express and manage their feelings, promote resilience, and foster a supportive community.

To start off the week, we will have a "Dress Up Day" on Monday, with the theme "Express Yourself." We encourage all the children to wear outfits that reflect their personalities and individuality, it is a wonderful opportunity for the children to express themselves creatively. We do ask that the children's clothes and footwear is suitable for a busy day at school, and for the weather!

Throughout the week, we have planned a variety of engaging and enjoyable activities that aim to further develop children's understanding of mental health and well-being. This year, we are excited to host 'Family Adult Afternoons' from 2:00 to 3:00 PM each day, please see the timetable below for your child's year group. During these afternoons, we invite one adult per child to join them in school for a hands-on practical activity. For health and safety reasons, we can only accommodate one adult per child, and please note that younger siblings will not be permitted.

Family adult afternoon timetable:

Day	Monday	Tuesday	Wednesday	Thursday	Friday
2pm to 3pm	Year 6 & Year R	Year 4	Year 2	Year 3	Year 5 & Year 1

On the Friday, we invite all children to "Wear Your Scarf to School". Scarves can be worn to represent warmth, comfort, and support, and we hope this visual display will further encourage discussions around mental health in our classrooms.

We really value your support in these initiatives and activities. Thank you for your continued support.

Yours sincerely,

Francesca McPhee,

Deputy Head Teacher



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T/A Westfield Primary School

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