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A Learning Ladder for Life

5th February 2021

Dear Parents and Carers,

[Dress to Express Day for Children's Mental Health Week](#)

I am writing to let you know that on **Friday 12th February**, South Borough Primary School will be taking part in **Place2Be's Children's Mental Health Week** and fundraising to support the mental health of children and young people throughout the UK – a cause we feel is now more important than ever. **Children's Mental Health Week** is an opportunity to shine a spotlight on and raise awareness for children's mental health.

Each year, **Place2Be** works to ensure that no child has to face mental health problems alone by providing school-based mental health support in schools throughout the UK. As a charity, they rely on the generosity and support of the community to give children the support they need, when they need it most.

[Dress to Express](#)

The idea is simple - encourage your child/children to use colour to express themselves by wearing a colourful outfit (either to school or at home) on **Friday 12th February**. We kindly ask that all children who take part make a **suggested £2 donation** to Place2Be via ParentPay.

Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. Your child/children could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.



We would like children at home to share pictures of their colourful outfits by uploading a photograph of themselves to their Google Classroom for their class to see. Your child's teacher will also use one of the Live Learning Sessions on this day to celebrate children's outfits and give children an opportunity to speak about the colours they have chosen and why. I would also invite you to view this week's assembly, which can be found by following this link: <https://www.youtube.com/watch?v=NfspVSGXwtI&feature=youtu.be>

So... dig out those colourful leg warmers and bright coloured trousers and let's dazzle the world with colour! We cannot wait to see you all!

Yours sincerely,

Mr M Currie
Head of School

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