



3rd February 2025

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Dear Parent/Carer,

Re: Children's Mental Health Week

I hope this message finds you well. As part of our ongoing commitment to supporting the well-being of our students, we are excited to announce our participation in Children's Mental Health Week, which will take place from February 3rd to February 9th.

This year's theme is "Know yourself, grow yourself" This theme invites all of us—students, teachers, and families alike—to reflect on the importance of self-awareness and personal growth in promoting mental well-being.

Throughout the week, our school will be engaging in various activities designed to help students better understand their emotions, strengths, and areas for growth. We will encourage them to reflect on their own mental health and engage in discussions about the ways in which self-awareness can contribute to resilience and positive mental health.

How can you support your child during this week?

Here are some simple ways you can get involved:

1. **Open Conversations:** Ask your child about their feelings and thoughts. Encourage them to express themselves and be open about their experiences with mental health.
2. **Foster Self-Awareness:** Help your child explore what makes them feel good, what challenges they face, and how they can manage their emotions effectively.
3. **Positive Reinforcement:** Celebrate your child's growth and achievements, no matter how small, and encourage them to focus on their strengths.

Throughout the week, our school will offer activities, and classroom discussions aimed at fostering a deeper understanding of mental health and providing practical tools for emotional resilience.

On Friday 7th February we will be hosting a bake sale to raise awareness for Children's Mental Health. All proceeds will be donated to our charity No Child Without. We would love for you and your child to participate in this important event. If you can, please consider baking or donating cakes, cookies, or other baked goods for the sale. If you prefer, you can also make a cash donation to help support the cause.

Children's mental health is a priority for our school, and this cake sale is just one of the ways we aim to raise awareness and open up conversations around this important issue. We truly appreciate your involvement and encourage you to talk to your child about the significance of the event.

Thank you for your continued support!