

# BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parents and Carers,

## **'DRESS TO EXPRESS' DAY FRIDAY 10<sup>TH</sup> FEBRUARY 2023**

This term we are celebrating Children's Mental Health Week from 6<sup>th</sup> to 12<sup>th</sup> February. As a school we believe that supporting mental health and wellbeing is as important as supporting physical health. The theme for this year's Children's Mental Health week is 'Let's Connect' which is one of our Five Ways to Wellbeing. To celebrate this, we will be undertaking activities each day to encourage our pupils to think about who they connect with and how they make and keep those healthy connections.

On Friday 10<sup>th</sup> February we will be having a 'Dress to Express' day when the children can come in wearing non-uniform to express their own personalities. This might be dressing as a favourite sports person or character, maybe wearing a favourite colour or wearing the clothes that children feel most comfortable in. However they want to express who they are, we would love to see it. We are all unique and amazing in our own way.

When we dress to express we would like to support others in our local community and the children have told us they would like to raise money for Don't Lose Hope. This wonderful charity has been working hard to offer support to those in need. We would like to help them carry on this important work. With that in mind, we are asking for a small donation of up to £1.

Donations can be made online via Parentmail +Pay or by bringing the donation into school on the day. For +Pay:

- select payments from the main menu.
- select the shopping trolley icon at the bottom of the page
- select Dress to Express Day
- pop it in the basket and then
- follow the payment instructions

Giving our children a chance to show us who they are is a small thing that we can do to make a big difference in how they feel. Let's celebrate the unique people that we all are and Dress to Express!

Yours sincerely,

The Wellbeing Team