

BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

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30th January 2025

Dear Parent/Carer,

CHILDREN'S MENTAL HEALTH AWARENESS DAY FRIDAY 7TH FEBRUARY 2025

This term, to complement our whole school focus on self-regulation and continue our *Wellbeing Wednesday* work on our mental health, we are going to be taking part in Children's Mental Health week. This year's theme is '**Know yourself, grow yourself**' and highlights the importance of children developing their self-awareness, understanding who they are and how this can help them build resilience in day-to-day life.

To raise awareness and highlight this important event, we would like to invite children to express themselves through their clothing choices and join us in a non-uniform day on **Friday 7th February**. Their outfit can be as unique as they choose - it could be their favourite or most comfortable clothes or might express their current hobby, favourite TV show or future career plans - anything that shows who they are!



Throughout the day, we will be taking time out to focus on children's mental health and completing activities linked to the characters from Pixar movie *Inside Out 2* allowing children the opportunity to discuss their feelings and how we can work together to find ways to regulate big emotions.



The children will still have outdoor playtimes, so please ensure they have appropriate footwear and a coat.

As always, thank you in advance for your continued support.

Yours sincerely

The Mental Health and Wellbeing Team