

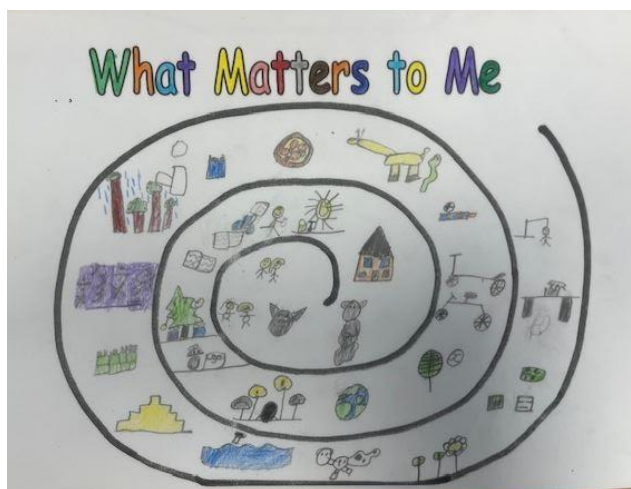
Children's Mental Health Week

Each year we are proud to support Place2Be's Children's Mental Health Week to shine a spotlight on the importance of children and young people's mental health. Place2Be launched the first ever Children's Mental Health Week in 2015 to empower, equip and give a voice to every child in the UK. This year's theme was "My Voice Matters" and was about empowering children and young people by providing them with the tools they need to express themselves. Children who feel that their voices are heard and can make a difference typically find that this has a positive impact on their mental health and wellbeing.

The week in school, kick started with the children and staff “dressing to express”. Children wore their favourite colour or a unique outfit to express how they were feeling. Dress to express is an opportunity for self-expression and celebrating a diverse range of emotions.



Throughout the week, everyone completed a “what matters to you?” activity in class. Children were encouraged to think about and share what matters to them by drawing a swirl and writing, drawing, and sticking what matters to them within it.



To emphasise the theme “My Voice Matters”, a story was read in the library every lunchtime from the book “Children Who Changed The World.” A book sharing incredible true stories of children who have stood up for their rights all over the world.