

Maun Infant and Nursery School

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Dear Parent/Carer,



Next week at Maun, we will be joining in with many other schools across the country to mark **Children's Mental Health Week**. This year's theme is 'Know Yourself, Grow Yourself' and the focus is on children understanding about emotions, using the *Inside Out 2* characters for reference.

At Maun, we will be supporting children to develop their self-awareness, by asking them to reflect on who they are (uniqueness) and the emotions inside of them. This will be done through different approaches such as art, writing and music, and we will of course, make links to our Zones of Regulation which you will be aware of from our whole school launch in the autumn term.

We plan to launch the theme on Tuesday 4th February with a non-uniform day, where children may wear something which expresses who they are. This may be as simple as wearing a favourite colour, or may be an outfit to reflect a strength or passion i.e. footballer, dancer etc. Anything goes (but please don't go out and buy anything especially for the day)!

For further information, you may like to take a look at Place2Be's information about the event which you can find here:

<https://www.childrensmentalhealthweek.org.uk/about/>

Many thanks as always, in anticipation of your support.

Yours sincerely,

Miss Norman

Head Teacher

