



Goldenhill Primary Academy



Head teacher: Mr. S Martin BA
(Hons).NPQH

"Everyone shines at Goldenhill"

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Dear Parents / carers,

The week beginning February 6th is Children's Mental Health week which we will be celebrating in school.

The theme this year is 'Let's Connect.' Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely - which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways. More information about this can be found at

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

On the Friday of this week, February 10th we will hold a non uniform day on the theme 'Express Yourself' where the children can come to school in clothes of their choosing which they feel best reflects them or their interests. There is no charge for this non uniform day - it is for raising awareness and celebrating ourselves, our friends, families and all the connections we have on a daily basis which helps our well being.

If you have any questions about this please do not hesitate to contact me.

Many thanks

Regards

Mrs Cookson

