



# Goldenhill Primary Academy



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

*"Everyone shines at Goldenhill"*

Broadfield Road, Goldenhill, Stoke on Trent.

ST6 4QE.

Tel: 01782 235790 Fax: 01782 235791

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Dear parents / carers,

This week is Children's Mental Health Week across the UK. The theme this year is 'My Voice Matters.'

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want all children to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters."

In school the children will be learning about these issues in PSHE and across the curriculum and wider school life.

On Thursday 8<sup>th</sup> February we will be holding an 'Express yourself' non uniform day to celebrate and raise awareness of 'My Voice Matters.' We're all different – we all have different things that make us tick and that bring a smile to our face. Express Yourself allows children and young people to celebrate what makes them unique with an incredibly fun dress-up day – this could be sharing their favourite hobby, such as skateboarding or dancing, or wearing their favourite colour or accessory. Or it could just be coming in as themselves. Express Yourself is about letting children's voice shine through and empowering them to tell their own stories!

If you need a little inspiration, here are some ideas to get you started!





This should be a fun way to raise important issues and discussions to help our children feel empowered and that their voice matters.

Further information for families can be found at <https://www.childrensmentalhealthweek.org.uk/families/>

Many thanks for your support in this and please do not hesitate to contact me if you have any questions or require further information.

Regards

Mrs S Cookson