



## Hurst Green Primary School

Narrow Lane, Halesowen, West Midlands B62 9NZ

Tel: 01384 818210

Headteacher: Miss K. Wilson

email: [info@hurst-green.dudley.sch.uk](mailto:info@hurst-green.dudley.sch.uk)

website: [www.hurstgreen-dudley.co.uk](http://www.hurstgreen-dudley.co.uk)

Wednesday 22<sup>nd</sup> January 2025

Dear Parents and Carers,

We are writing to let you know that we will be celebrating Children's Mental Health Week at Hurst Green Primary School from the 3<sup>rd</sup> to the 9<sup>th</sup> of February. This year's theme is "**Know Yourself, Grow Yourself,**" inspired by the characters from the beloved film *Inside Out*. This national initiative, run by the charity *Place2Be*, aims to raise awareness about the mental health and wellbeing of our pupils and to encourage open discussions about mental health in our school community.

To kick off this special week, we will hold a launch assembly on **Monday, 3<sup>rd</sup> February**, led by our Happiness Heroes. Throughout the week, all classes will participate in a variety of fun activities linked to the theme, encouraging our pupils to explore their emotions and develop a deeper understanding of themselves.

On **Monday, 3<sup>rd</sup> February**, we invite all pupils to come to school in non-uniform, dressed to **represent a feeling or emotion**. This can be as low-key or as creative as they wish! For example, pupils may choose to wear an item of a specific colour that represents a feeling (such as yellow for 'happiness' or as a rainbow for 'hope'). They are, of course, welcome to be more creative should they wish and represent a feeling, or they could even dress up as their favourite **Inside Out** character.

We are not requesting any donations towards this event; however, if you would like to support the charity that coordinates this initiative, you can find the link to donate at <https://donate.place2be.org.uk>.

We believe that by nurturing these skills, we can empower our children to manage their emotions and thrive both in and out of the classroom. We encourage you to take part in this celebration at home as well, discussing the activities we have shared in class and talking about feelings and emotions with your child. You may even be able to engage in family activities that promote relaxation and happiness together.

Thank you for your continued support in promoting the mental health and wellbeing of our children

Kind regards,

Mrs Karadia and Mrs Edmonds

SEND/CO/ Mental Health Lead and My Happy Mind Lead