



Dear Parents and Carers,

From 1- 7 February 2021 it is Place2Be's Children's Mental Health Week. This year's theme is "EXPRESS YOURSELF" and we are encouraging children (and their grown ups) to explore the different ways we can EXPRESS OURSELVES and the creative ways that we can share our feelings, our thoughts and ideas.

With schools partially closed and lots of uncertainty, children and young people's health has never been more important. Place2Be have created lots of resources that you can complete with your child at home including activity ideas and tips for parents and carers. In addition, keep an eye on the school website's virtual school for more activities that you can do at home this week.

On Friday, those children in school can participate in the DRESS TO EXPRESS day where they can wear their own clothes to express themselves- it would be great to see the children on the zoom calls taking part in this too! Alternatively, it would be great for you to tweet your pictures @RedLaneSch or share them on Seesaw or Clasdojo.

Keep an eye out on both our Twitter and Facebook pages, to see our top tips, posts and signposts for support throughout the week.

Please remember, that although school may appear to be closed to many of our children, we are very much still here to support our pupils and families. Please do not hesitate to contact us, if you need our support or guidance.

Stay safe and keep well,

Mrs J. Cromey
Deputy Head of School

"Finding creative, enjoyable ways to share our thoughts, feelings and ideas can make us feel good and help our mental health, especially when we face tough situations or difficult times".