

Friday 31st January 2025

Children's Mental Health Week 2025



Dear parents and carers,

The week commencing Monday 3rd February we will be taking part in Children's Mental Health Week – the theme this year is 'Know Yourself, Grow Yourself'.

The aim is to encourage children and young people across our school community to embrace self-awareness and explore what it means to them.

Children will be participating in a range of activities all week to raise the profile of mental health.

On the last day of Children's Mental Health Week - Friday 7th February, we will be celebrating NSPCC Number Day and having a number themed non-uniform day.

Please feel free to come to school in anything Maths/number related.

A voluntary donation would be greatly appreciated for this fantastic charity.

Let's come together to raise awareness, foster creativity, and empower children and young people to be mental health champions!

Thank you for your continued support.

Norbridge Academy