04th February 2020

Dear Parents/Carers

**“INSIDE OUT DAY”**

**A NEW INITIATIVE FOR CHILDREN’S MENTAL HEALTH WEEK**

Inside Out Day calls for children and adults alike to wear an item of clothing ’Inside Out’ as a way of making us all stop and think about how someone may look OK on the outside 😊 but inside they may be feeling sad or worried 😒.

The first ever Inside Out Day for Children’s Mental Health Week will take place this year on Thursday 6 February 2020.

The aim of Inside Out Day is to remind everyone to always be kind and think of others as no one knows how another person may be feeling.

We as a school are supporting this and would encourage all children in the school to join in. No donation is required and school uniform is to be worn with an item “inside out”; to raise awareness and encourage children to remember that ‘it is ok not to be ok’. Assemblies will be held on Wednesday and Thursday to discuss this subject with the children and the strategies they can use to develop and sustain good mental health.

I do hope that you will reinforce the important messages above with your children at home and if you would like any further support and guidance as to how you can support your child’s mental health then please do get in touch.

Kind regards



Miss Kelly Martin

Head of School