



WOOD FOLD
PRIMARY SCHOOL

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1st February 2024

Dear Parent / Carer

Children's Mental Health Week

Children's Mental Health Week 2024 is taking place between the 5th and 9th February. As a school we will be celebrating the week and the children will be able to take part in lots of different activities.

'My Voice Matters' is this year's theme, and it is about empowering children and young people by providing them with the tools they need to express themselves.

Feeling empowered can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year we would like children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

On Tuesday 6th and Thursday 8th February, we will be having a 'Walk and Talk to School'. The meeting points will be St Marie's Church and on the corner by Aldi at 8.35 am. Teachers will meet the children and parents there and walk to school, encouraging the children to talk about their day ahead. You are welcome to do this on one or both days; please note that parents will need to stay and walk to school with their children.

If you and your child/ren would like to take part in the 'Walk and Talk to School', please complete the survey on School Spider by 10.00 am on Monday, 5th February.

We are looking forward to a wonderful and positive week.

Kind regards

Miss Bullen
Pastoral Assistant



2021-2024