



Archdiocese of Birmingham
St. Mary's Catholic Academy

Principal: Mrs S Rathbone BA (Hons) NPQH,
Ford Green Road, Norton-le-Moors, Stoke on Trent, ST6 8EZ
Telephone 01782 234820
Email: office@stmarysnewman.co.uk
www.stmarysstoke.co.uk



Friday 26th January

Dear Parents / Carers

Week commencing Monday 5th February is Children's National Mental Health Week. This year's theme is '**Our Voice Matters.**' We will be thinking about how we can empower children and young people by providing them with the tools they need to express themselves.

The children will talk about and take part in activities regarding mental health throughout the week:

Monday 5th – The week will begin with the school council leading an assembly on the importance of mental health, and what they can do to be healthy.

Tuesday 6th – The children will be taking part in a retreat day led by 'One Life Music'. This will be a day of prayer, reflection and gathering and will focus on God's wonderful creations. We are very much looking forward to sharing this experience with the children.

Wednesday 7th – Well-being Wednesday. The children will vote for their own wellbeing afternoon activity to support mental health and wellbeing.

Thursday 8th – The children will come to school 'dressed to express'. **Children can bring a £1 to school to wear their favourite colour, a range of colours or a whole unique outfit to express how they are feeling. All proceeds will go to the children's mental health charity 'Place2Be'.**

Place2Be believe every child should have easy access to mental health support whenever they need it. As a charity, Place2Be rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

Thank you for your continued support

Mrs Statham

Head of School