

Atherstone Avenue
Peterborough
PE3 9UG
Tel: 01733 264340



Head Teacher: Miss E Anderson
Deputy Head: Mrs P Jeremaes
Deputy Head: Mrs N Oxe



Dear Parents / Carers,

Children's Mental Health Week

Children's Mental Health Week 2024 will take place from 5-11 February. The theme this year is "My Voice Matters".

Alongside hundreds of other schools, we will be joining the charity Place2Be in marking this week. The charity launched the mental health awareness week in 2015 to empower, equip and give a voice to every child in the UK. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, this 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. During the week children will have the opportunity to:

- write a gratitude letter;
- share and express what they are proud of;
- learn about the UN Convention on the Rights of the Child;
- sing together to express themselves;
- express themselves by wearing their own choice of clothes.

A non-uniform day will take place on Friday 9th February, so children can express themselves by what they wear. Safe footwear and coats must be included as children will still be outside at break and lunchtimes. If your child has PE on that day, please make sure they can move safely in what they wear. There is no charge / donation required for wearing non-uniform.

During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters". Please see the attached information sheet about how to support your child's mental health at home.

Yours sincerely

Mrs P Jeremaes
Deputy Headteacher



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