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Dear Families and friends

The first week of February is Children's Mental Health Awareness week and now more than ever in these very challenging times, it is important for all of us to encourage our children to talk about how they are feeling.

We would like to invite you all to be part of **Inside Out Day** on Wednesday 3rd February, the message behind this day is to remember someone may look ok on the outside but may not be ok on the inside. To try and get us all to think about this we are asking children to wear an item of clothing inside out, make it as silly and crazy as you would like!

If your child is learning from home you can post a picture of them on to Seesaw wearing their item of clothing inside out.

If your child is in school on this day, they can come in wearing their item of clothing inside out, or they can bring an item of clothing in with them. We will then take some pictures and post on Seesaw for you to see.

There will also be a class assembly via Zoom to promote the message behind Inside Out Day, we will also be basing your child's Thrive sessions and story times around encouraging children to talk about how they are feeling and think about how somebody else may be feeling.

We are all living in challenging and uncertain times and the Corona virus pandemic has affected us all in different ways. If you or a member of your house hold are struggling with their mental health we have included some helpful links below.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.nhs.uk](http://www.nhs.uk) - every mind matters

