



Wyken Croft Primary School

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Headteacher: Mrs G. Franklin

2nd February 2023

Dear Parents and Carers,

Next week is Children's Mental Health Week. The theme for the week this year is 'Let's Connect' and as part of this we would like to have a non-uniform day on Friday 10th February. Children are welcome to come to school in non-uniform which expresses their individuality and personality. They can choose what they want to wear and can be as creative with their outfit as they like e.g. wearing their favourite football kit, dancing outfit or karate clothes to show us their passion or just crazy clothes which express their outgoing personality! It's up to them to 'dress to express' themselves however they want to.

We are aware that many of our children are spending an increasing amount of time in front of their screens and recognise that this can sometimes have a detrimental effect on their mental wellbeing. 'Let's Connect' is about encouraging children to make meaningful connections with those around them and as such, next Friday will be a 'Screen Free' day in school. We will be planning lots of fun activities encouraging the children to connect with others both within their class and across their phases.

You can find more information about Children's Mental Health week using the following link:
[Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

If you have any further questions about either Mental Health Week or the non-uniform day, please speak to your child's teacher in the first instance.

Kind regards,

The PSHE Team

