

Headteacher: Mr S Payne
Deputy Headteacher: Mrs M Clark
Telephone: 01474 833177

Email: irpoffice@swale.at
Website: www.isteadrise.org.uk

Downs Road
Istead Rise
Northfleet
Kent
DA13 9HG

19th January 2024

Dear Parents and Carers,

This year, between 5th -11th February, we will be supporting Children's Mental Health Week for Place2Be. This year's theme is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week we want all children and young people to be able to say – and believe - “My Voice Matters”.



In class, children will take part in various activities during the week on this year's theme. You can take part at home too, and find ideas and resources for families at [Place2Be's website](https://www.place2be.org.uk).

On **Friday 9th February 2024**, we would like children to take part in a fun **dress-up day** to celebrate what makes them unique. Dress-up however they choose to express themselves; their favourite party outfit, their favourite football kit, their clothes from their favourite hobby, get artistic and creative with an outfit, or it could be just as, “themselves” - however they feel most comfortable. Please **donate £1 to “Children's Mental Health Week”** through your ParentPay account. (Available mid next week.)

Thank you for your support.

Yours sincerely,

Mrs Andreou
Inclusion Lead

