

CANON POPHAM C of E PRIMARY ACADEMY

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Chair of Local School Board: Mr C. Mitchell



Children's Mental Health Week 2025



Dear Parents/Carers,

We are really excited to be taking part in Children's Mental Health Week from Monday 3rd February – Friday 7th February. The theme for this year is 'Know Yourself, Grow Yourself' with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. We will be hosting a **Dress to Express day on Monday 3rd February** to make a positive start to Children's Mental Health Week. Be as creative as you wish, you might choose your favourite outfit or a colour you love to wear. It can be as simple or elaborate as you like!

We would also like to take this opportunity to remind you of myHappyMind which is used in school and is based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves. There are resources available for parents to access online on your computer, or through an app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing and for you to learn more about what they are learning in the program

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code. Your authentication code is **145771**

Kind regards
Miss Simpkin
SENDCo & PSHE Lead



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Council England