



**Hemington**  
Primary School

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Headteacher:  
Mr Alun Randell

6th February 2023

### **Children's mental health Week**

Dear parents/carers,

This week it is Children's Mental Health Week. The theme is 'Let's Connect' and we want to promote the importance of connecting with others and talking.

<https://www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/>

We will hold a range of activities and lessons focused on how we can connect to support our mental health.

On Friday, we will be holding an 'Express Yourself' day. Children are invited to come into school dressed as they wish in return for a suggested £1 donation which will go towards renewing our playground games. The children are allowed to dye their hair and wear nail varnish for the day - as long as it can be removed for the new term. Children should still not wear jewellery other than plain ear studs as it can get caught in other children's hair etc.

On Tuesday, it is also Safer internet Day. Our assembly and computing lessons during the week will look at how we can stay safe online.

Best wishes,

Alun Randell  
Headteacher



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