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Headteacher: Ms Caroline McKay

Monday 1st February

Dear Parents / Carers



Today marks the start of Children's Mental Health Week. Whilst our own mental health and that of our children should always be at the forefront of our minds, in the uncertain and confusing times in which we are currently living it is more significant than ever.

We all know the importance of maintaining healthy habits and practices to keep our mental health in good shape, yet all too often we get swept up in the day-to-day stresses of modern life.

*The theme of this year's Children's Mental Health Week is **Express Yourself**.*

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

During lessons this week, children will have the opportunity to talk about these ideas.

The Duchess of Cambridge, Patron of Place2Be, has sent a message of support encouraging children and parents to find ways to share their thoughts and feelings, particularly during such a challenging time. <https://youtu.be/PEBURwEL9HM>

**On Friday 5<sup>th</sup> February, children may come online to their remote lessons - 'Dressed to Express!'**

Kind regards

Jo Hilton  
DHT