



Ashbrook School

The High St, Two Mile Ash,
Milton Keynes MK8 8NA
Tel: 01908 561366

Tuesday 30th January 2024

Dear Parents and Carers

It is Children's Mental Health Week from Monday 5th – 11th February. The week is all about making sure children and young people feel supported and heard, so they can express themselves freely.

The theme for this year is "My Voice Matters," It is about empowering children and young people by providing them with the tools they need to be able to express themselves. When children feel supported, it has a positive impact on their wellbeing.

To celebrate, we have organized some fun activities for the children.

Wednesday 7th February 2.00-3.00pm Well-being Afternoon

We would like to invite our Ashbrook parents and carers to join us for some relaxation and well-being activities at 2.00-3.00pm on Wednesday 7th February.

Please arrive at 2.00pm and join your child in their classroom. If you have children in different year groups, you will be able to move between classes to share your time with them.

Due to limited space, we will only be able to accommodate **one adult per child. Please do not bring any children or babies with you, we will not be able to admit them,** due to health and safety reasons.

Please complete the ParentMail form to let us know who will be attending.

We want everyone to feel comfortable, so please feel free to bring cushions, blankets or beanbags.

Once the well-being session has finished, you may take your child home if you wish.

Friday 9th February - Express Yourself Day

We would like to invite the children to express themselves through the way they are dressed.

Children can come to school dressed using the following ideas:

- In their favourite colour, to represent an emotion
- Wear their clothes inside out or back to front
- Dressing in colourful clothes to show their individuality and personality.

Please do not to send your child in wearing nightwear, revealing clothes or clothes with offensive slogans or graphics.

Children will need to wear sensible shoes, as they will be going outside throughout the day.

We are look forward to seeing the children express themselves and enjoying a fun filled week in school.

Kind regards

Mrs J Watkins and Mrs M Begum