



Ashbrook School

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

7<sup>th</sup> January 2026

### Dress to Express Day

Dear Parents and Carers,

On **Friday 6th February**, we will be celebrating **Dress to Express Day** at Ashbrook.

This special day is part of Children's Mental Health Week, organised by Place2Be. The theme encourages children to express themselves, celebrate who they are, and understand that it is healthy to talk about feelings. We want every child to feel proud of their individuality and confident in showing what makes them unique.

#### **What is Dress to Express Day about?**

- Celebrating individuality: Children can show their personality through their clothes, favourite colours, or cultural heritage.
- Supporting mental health: The day helps children understand that expressing themselves is positive and important for their wellbeing.

#### **What can children wear?**

Your child can choose any outfit that helps them express who they are (please ensure they are wearing sensible shoes and have a warm waterproof coat):

- A favourite outfit or colour
- Traditional cultural clothing
- Clothes linked to hobbies or interests (e.g., football kits, dance outfits, superheroes)
- Fun, bright, or wacky clothing

There is no expectation to buy anything new. Children are welcome to be as simple or as creative as they wish.

Throughout the week beginning Monday 2nd February, Ashbrook will be focusing on Children's Mental Health through a range of activities in class. These will help children explore emotions, build confidence, and learn ways to look after their wellbeing.

Thank you for your continued support in helping us create a school where every child feels valued, confident, and able to express themselves.

Kind regards,

Jamie Ainscow  
Headteacher