



Archdiocese of Birmingham
Our Lady of Grace Catholic Academy
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Monday 27th January 2025

Dear Parents/Carers,

Week commencing Monday 3rd February is Children's National Mental Health Week. This year's theme is **'Know yourself, Grow yourself.'** This year we want to use this week, and every week, to encourage children within our school and community to embrace self-awareness and explore what this means to them. We want to help them grow and develop resilience to cope with what may come their way in life.

The children will talk about and take part in activities regarding mental health throughout the week:

Monday 3rd– The week will begin with us joining other schools across the country for a virtual assembly to introduce the theme for the week.

Tuesday 4th – The children will be taking part in a retreat day led by 'One Life Music'. This will be a day of prayer, reflection and gathering and will focus on God's wonderful creations. We are very much looking forward to sharing this experience with the children.

Wednesday 5th- The school council will be leading an assembly on the importance of mental health.

Thursday 6th– The children will vote for their own wellbeing afternoon activity to support mental health and wellbeing. As part of well-being Thursday, we are taking part in a **'Disconnect to Reconnect'** day. On this day we are going to spend the whole day without the use of any devices, taking time to plan and take part in activities that promote social interaction, communication and healthy well – being. We want to encourage children to have a healthier and more mindful use of smart devices. We would like to encourage you to take part in this day too! You may wish you take part in this on Thursday like us! Or choose a different day in the week. **We have also attached a 30-day challenge with ideas and activities of things to do that are device free! You could try one of these on your 'Disconnect to Reconnect' day or you could even try the 30 days!**

The children will also come to school 'Dressed to Express'. This year Children's Mental Health week is partnering with the Disney's 'Inside Out 2'. We want the children to have a day where they can express their own personalities, likes and interests through their style of dress! **Children can bring a £1 to school to wear their favourite colour, a range of colours or a whole unique outfit to express how they are feeling. All proceeds will go to the children's mental health charity 'Place2Be'.**

Place2Be believe every child should have easy access to mental health support whenever they need it. As a charity, Place2Be rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

Thank you for your continued support

Miss Molloy

