



Ellenbrook

COMMUNITY PRIMARY SCHOOL

Longwall Avenue, Ellenbrook, Worsley, Salford M28 7PS

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**Head Teacher:** Mr. R Blackburn B.Ed PQSI

Tuesday 26<sup>th</sup> January 2021

Dear Parent / Carer,

From 1<sup>st</sup> – 5<sup>th</sup> February 2021, we are raising awareness of Children’s Mental Health Week in our community. This year’s theme is ‘Express Yourself’ and on **Friday 5<sup>th</sup> February** we will be ‘Dressing to Express’. The idea is simple – use colour to express yourself by wearing a colourful outfit on the day.

Our lives are full of colour and we can use colour to help make sense of how we’re feeling, who we are and the world we live in. Your child could wear their favourite colour or choose a range of colours that express how they’re feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.

We are delighted to be hosting ‘Dress to Express’ and to be raising awareness of children’s mental health at a time which is now more important than ever.

We look forward to seeing both the children in school and at home in their colourful outfits.

Thank you for your continued support.

Kind regards,

Miss Mottram  
School Council Lead