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Dress to Express for Children's Mental Health Week 2023 – Monday 6th February 2023

Dear Families,

As you aware from our Key Events Calendar, next week, Carr Lodge Academy will be taking part in a variety of events and learning for Children's Mental Health Week. Children's Mental Health Week is taking place from 6–12 February 2023 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

Dress to Express

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on Monday 6th February to launch the event.

Your child/children's Dress to Express outfit can be as simple or elaborate as they like! Dress To Express is an opportunity for self-expression and celebrating a diverse range of emotions. This could be wearing a colour to show your emotions, an outfit that displays your hobbies, interests, faith, culture or beliefs or even who you aspire to be in the future. Be as creative as you want but be YOU! The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a Dress to Express Day during Children's Mental Health Week and raising awareness of children and young people's mental health.

Yours Faithfully,

Mrs Meads (PSHE Lead) and the Pupil Parliament