

# Pilgrim Primary Academy

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Dear Parents/Carers

Next week, we will be celebrating Children's Mental Health week. We will be taking part in a number of activities throughout the week to support this. This Year's Theme is "My Voice Matters." My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

*"When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children to be empowered to work together to create a positive change for their mental health and wellbeing." [Children'smentalhealthweek.org](https://www.childrensmentalhealthweek.org)*

During Children's Mental Health Week, we want all children and young people to be able to say and believe - "My Voice Matters."

On Monday the whole school will attend a special "My Voice Matters" assembly, led by Miss Redmond. On Thursday we are very excited to be supporting 'Express yourself day.' Express Yourself empowers everyone to celebrate what makes you.... you. As part of this celebration, we ask all children to come in their favourite clothes or clothes that identify them. This can be anything appropriate for school, but that really shows their personalities, their likes or interests.

For more information about Children's Mental Health week please see the link below

<https://www.childrensmentalhealthweek.org.uk/>

To coincide with Children's mental health week, we are pleased to announce we will be hosting Our school Disco on Thursday 8th February.

The cost for attending the disco is 50p and the money raised will support classes to purchase new books for their class libraries.

The times for the disco are as follows:

EYFS - 2:30 - 3.00

Years 1,2 and 3 - 3:30 - 4:30

Years 4,5 and 6 - 4:50 - 5:50

We will have the amazing DJ's Shelton and Newell on the decks and face painting will be available for an extra cost of 50p. All payments should be made via Parent Pay by Wednesday 7th February. Let's get our dancing shoes on Pilgrim!

Yours faithfully,

Ms Redmond