



Friday, 2<sup>nd</sup> February 2024

Dear Parents/carers,

**Children's Mental Health Week** will take place at Leopold from **5<sup>th</sup> February 2024** and this year the theme is **"My Voice Matters"** We will start the week with the **"Inside-out Day"** event on Monday 5<sup>th</sup> February. **Pupils and teachers will wear an item of clothing inside out (for example a jumper)**

**Inside Out Day** is an awareness campaign that aims to enable young people to start talking about their mental health.

How someone looks on the outside doesn't necessarily reflect how they are truly feeling on the inside, so it is important to always be kind and think of others.



NO ONE KNOWS  
HOW SOMEONE  
ELSE IS  
FEELING ON  
THE INSIDE.

Throughout the week, children will take part in RSE lessons which will include circle times and activities focused on how we care for our mental health.

We would like to thank everyone for supporting this initiative.

Yours faithfully,

Mirela Vatra

RSE coordinator