



Monday 27<sup>th</sup> January 2025

Dear Parents and Carers,

### Children's Mental Health Week 2025

This year we will be participating in the Children's Mental Health Week which will take place from **Monday 3<sup>rd</sup> February to Friday 7<sup>th</sup> February 2025**. The theme for 2025 is ***'Know Yourself, Grow Yourself'***, with the aim to equip and empower children to embrace self-awareness and explore what it means to them. We want children and young people to discover how getting to know who they are can help them build resilience, grow and develop.

At Park Hill Infant School, we believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Wellbeing plays a key role in our school ethos, and shapes our policies and procedures implicitly and explicitly. We strive to improve the wellbeing of our students and staff in everything we do, seeking to build resilience, identify and monitor concerns, and support students and families who face challenges.

We have several activities and events planned throughout the week for the children to take part in and we are also inviting parents to a workshop on; **'Supporting your Children's Mental Health' on Monday 3<sup>rd</sup> February at 2:00pm**. You do not need to inform the school if you want to attend the workshop.

To help raise money for Children's Mental Health, we ask your child to come into school on **Wednesday 5<sup>th</sup> February** dressed in their own clothes with the theme of ***'Dress to Express'***, to support Place2Be. **On this day, children can use clothing and colour to express themselves as freely as they wish.**

We ask for a voluntary donation of £1 to be made via ParentPay (please do not send in cash donations). If you would like to donate more than this amount, please adjust accordingly within ParentPay.

We hope you will support us in encouraging our children to keep their minds healthy and raising awareness about mental health. We encourage you to look after your own mental health; if you should need any support, we have listed some useful websites and contacts overleaf. If you need confidential support, please contact the Headship Team via [enquiries@parkhill-inf.croydon.sch.uk](mailto:enquiries@parkhill-inf.croydon.sch.uk) using the subject line 'FAO Headship Team – Confidential.'

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - ***"My Voice Matters"***.

Yours sincerely,

Ms Charman  
Headteacher

Miss Hulet  
AHT/ Inclusion Leader

Mrs Rammohan  
PSHE Lead



## Child Wellbeing and Mental Health

### Useful Contacts

#### **Park Hill Infant School Headship Team**

E: [enquiries@parkhill-inf.croydon.sch.uk](mailto:enquiries@parkhill-inf.croydon.sch.uk) (Please use the subject line 'FAO Headship Team – Confidential.')

T: 020 8680 0747

School Counsellor – Miss Daisy

Nurture & Support Mentor – Miss Paula

E: [enquiries@parkhill-inf.croydon.sch.uk](mailto:enquiries@parkhill-inf.croydon.sch.uk)

Our experienced team are here to support you and your child.

Please contact us as soon as possible if you need support.

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**Park Hill Infant School Twitter** – updated regularly with Mental Health Support Ideas

W: <https://twitter.com/ParkHillInfants>

**Young Minds** – children's mental health charity

W: [www.youngminds.org.uk](http://www.youngminds.org.uk)

**NHS: Every Mind Matters**

W: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

**NSPCC:**

W: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

**Mind:**

W: [www.mind.org.uk](http://www.mind.org.uk)

**Minded**

W: [www.minded.org.uk](http://www.minded.org.uk)