



Birches First School

Believe, Grow, Succeed ...

...to be the best 'me' I can be.



Monday 27th January 2025

Dear Parents,

On Monday 3rd February to Sunday 9th February 2025, it is Children's Mental Health Week.

This year the theme is "Know Yourself, Grow Yourself". We want Children's Mental Health Week 2025 to encourage children, young people and adults to embrace self-awareness and explore what it means to them. This will help them grow and develop resilience to cope with what life throws at them.

The teachers have planned a variety of exciting activities for the children to participate in each day during this week. One of the activities will be for the children to make a "Happiness Jar". Therefore, please could your children bring in a clean, empty jar (no bigger than the size of a standard jar of jam!) on Monday 3rd February.

Thank you so much for your support of this exciting week.

Kind regards,

Mrs Kandola
English and PSHE Lead

