



WOLVERHAMPTON CITY COUNCIL
Woden Avenue, Wednesfield, Wolverhampton WV11 1PW
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Headteacher: Mrs. S. Walker

Date: 2nd February 2024

Dear Parents and Carers,

Re: Children's Mental Health Week – 5th to 11th February 2024

I am writing to inform you that throughout next week, we will spend time discussing ways in which we can empower children to talk about mental health. This year's theme is 'my voice matters' to raise awareness that empowerment can lead to a positive impact on our wellbeing. Children who feel that their voices are heard in all matters affecting them, and have their views taken seriously, can make a difference on their sense of self-esteem and community.

Throughout the week, we will discuss with children strategies and tools to manage difficult feelings and express themselves in a respectful and safe way.

As educators, parents and carers, we all play an important role in children's mental health by teaching and modelling how to take care of ourselves and each other, in times of distress. Taking care of our mental health, is just as important as taking care of our physical health.

To support these conversations at home, next week and beyond, I would like to share the following resources with you. There are activities, discussion cards and top tips for families.

- [Families - Children's Mental Health Week](#)
- [Top Tips for Families](#)
- [Place2Be: Parenting Smart: Articles](#)
- [Books and activities to support your child's mental health | Words for Life](#)

Please do not hesitate to contact us, should you have any questions.

Yours sincerely,

Mrs S. Walker
Headteacher

