



February 2024

Dear Parent / Carer

Re: Children's Mental Health Week 2024

Children's Mental Health Week will take place between Monday 5 February and Friday 9 February 2024 with learning based around the theme "Your Voice Matters".

Children's Mental Health week is a key event each year to help young people be able to recognise signs of poor mental health, and develop strategies to help them build good mental health and maintain it. This year Children's Mental Health Week will be focusing on "Your Voice Matters", looking at:

- young people becoming aware of the importance of sharing their concerns
- where and how to access support to develop good mental health
- the changes young people can make by using their voice in a positive way

Co-ordinated in the UK by Place2Be, the week sees thousands of organisations get involved to promote strategies to develop good mental health for young people.

To raise awareness of Children's Mental Health Week, all students at Brockington College will be discussing this issue in their PSHCE lessons across the week, and Year 9 students will be participating in a virtual workshop ran by KOOOTH ([Home - Kooth](#)).

If you would like further information on how to support you child with their mental health please visit the websites below for suggested strategies.

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Guide to getting support from mental health services | YoungMinds](#)

[How to support your child's mental health – Place2Be](#)

Yours Sincerely

Mrs Thorpe and Ms Broadfield
Curriculum Leads for PSHCE

