



Nightingale Primary School

Blackbird Road, Eastleigh, Hampshire SO50 9JW

Telephone: (023) 8061 3588

Email: adminoffice@nightingale.hants.sch.uk

Headteacher: Mrs Hannah Beckett

Children's Mental Health Week 5th-8th February 2024



Dear Parents and Carers

During the week of the 5-8th February, we are taking part in the National Children's Mental Health Week 2024, with the theme 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

The week will end with a dress up day called '**Express Yourself**' on Thursday 8th February. The aim of this day is to encourage children to share their favourite hobbies, wear their favourite colours, or simply just be themselves! If your child is an artist they might choose to wear an outfit that expresses this or if they are a talented sports person could they express themselves through wearing their sports kit. This will encourage children to talk about what matters to them.

By the end of the week our aim is for us at Nightingale to help children's voices to shine through and empower them to tell their own stories.

If you're worried about your child's mental health you can talk to your child's class teacher, Mrs Sharp or your GP. You can also find a list of organisations that provide support and advice on the website: <https://place2be.org.uk/help> and on our school website:

<https://padlet.com/esaunders33/nightingale-primary-school-parent-support-p2ssklhqmvg1y4yh>

Many thanks for your continued support

Mrs Gates
PSHE Lead

Mrs Sharp
Welfare Leader and Senior Mental Health Lead

Nightingale Primary School

Through our values of Respect, Courage, Compassion and Friendship, we learn to Inspire to Aspire.

