



Wear Your Scarf to School Day

Friday 9th February

Dear parent/carer,

The week beginning Monday 5th of February is **Children's Mental Health Week**.

We'll be doing some special activities during this week to help children keep mentally well, using resources provided to us by Coram Life Education SCARF and on **Friday 9th of February**, to mark the end of this week, we'll be holding a special *Wear Your Scarf to School Day*.

SCARF is a big part of our health and wellbeing/PSHE curriculum where we learn about all the things we can do to keep ourselves physically and mentally healthy.

On *Wear Your SCARF to School Day* children are invited to wear a special or favourite scarf all day in school. We'll be doing some special activities to help us remember and celebrate SCARF's important values of Safety, Caring, Achievement, Resilience and Friendship

Mrs Darling and Mrs Shaw