



# ST MARY'S CATHOLIC PRIMARY SCHOOL

Main Street, Aston-le-Walls, Daventry, Northamptonshire, NN11 6UF

T: 01295 660258 E: [head@stmarys-pri.northants.gov.uk](mailto:head@stmarys-pri.northants.gov.uk)

W: [www.stmarysrc-astonlewalls.co.uk](http://www.stmarysrc-astonlewalls.co.uk)



Wednesday 17<sup>th</sup> January 2024

Dear Parents and Carers,

We are writing to let you know that St. Mary's Catholic Primary School is taking part in **Place2Be's Children's Mental Health Week** to raise awareness and support our children's understanding of Mental Health. This year's theme is **'My Voice Matters'**

We can all struggle with how we're feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they may feel that they don't have a voice and they don't get the help they need, when they need it. But together, we can change this.

That's why we are raising awareness through Mental Health lessons, activities and events throughout the week of **5<sup>th</sup>-11<sup>th</sup> February** to show young people that we're with them. We're showing them that their voice matters and they deserve the support they need, when they need it, no matter what.

We'll be joining thousands of other schools by taking part in this year's theme: **'My Voice Matters'** in conjunction with Place2Be

As part of this Week, we are having a **non-school uniform day**. To take part, students can wear **non-school uniform** to school on **9<sup>th</sup> February 2024** and we ask parents and carers to consider making a donation to Place2Be.

Here is Place2Be's donation page where you make a donation if you'd wish:

<https://www.place2be.org.uk/support-us/donate/>

If you would like to take part in activities at home, with your family, you can access resources via the Place2Be website:

<https://www.childrensmentalhealthweek.org.uk/families/>

Together, we can create a brighter future for children and young people.

If you have any questions about the week, please let us know.

Kind Regards

Denise Morgan  
SENCO/ Senior Teacher and Mental Health Lead



Improving children's mental health



SUPPORTING  
CONNECTING  
INFLUENCING