



St. Margaret Mary's Catholic Junior School

Knowsley Metropolitan Borough Council • St. Margaret Mary's Catholic Junior School • Pilch Lane • Liverpool • L14 0JG
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Head Teacher – Mrs R Wilkinson

Start your day the wellness way!

Dear Parents/Carers

Monday 1st of February sees the launch of Children's Mental Health Week. The theme this year is Express Yourself.

Expressing yourself is about finding ways to share feelings, thoughts and ideas through creativity. It is a way to explore who you are, how you feel and how you express yourself.

Children, both at home and in school will have the opportunity to take part in fun and expressive activities. We are extending the opportunity to parents and carers to join their children by taking part in these activities. Encouraging and supporting children in exploring and expressing emotional health and wellbeing helps remove the stigma that surrounds it.

A child's social and emotional development is vital for their future if they are to achieve their full potential, socially and academically. With a positive nurturing emotional environment, children will flourish across all areas of their development

On Friday 5th February we are inviting the children to 'Dress to Express' by choosing and wearing clothing that expresses something about them. This could be something as simple as wearing their favourite colour or outfit.

We would love to be able to create a class 'mood board' displaying the children and their families engaging in these fun activities. To support us in doing this please upload photographs onto Google Classroom.

Thank you for your continued support

Kind regards

Carmel Perry
Learning Mentor



Loving, learning, growing together with Jesus



We're working towards Artsmark
Awarded by Arts Council England

