



# Cecil Road Primary & Nursery School

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**HeadTeacher Mrs C. Old**

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Dear Parents,

## **Mental Health Week 5<sup>th</sup> - 11<sup>th</sup> February**

Children's Mental Health week this year is taking place on 5 – 11 February. This years Theme is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

On Monday 5<sup>th</sup> February we will be having a 'dress to express' day. Your child can come dressed in a colourful outfit to express themselves. We look forward to seeing a range of different colourful outfits, brighter the better!

Kind Regards,

Miss Day