



# Harriers Banbury Academy

an Aspirations Academy

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Dear Parents/Carers,

## **'Dress to Express' non-uniform day for Children's Mental Health Week**

This year, Place2Be's Children's Mental Health Week is from 7<sup>th</sup>-13<sup>th</sup> February and the theme is 'Growing Together'. In school, we will be exploring this in more detail – the children will be encouraged to consider how they have grown in terms of their mental health, and how they can help others to grow. We will also be discussing the importance of learning from mistakes and challenging ourselves.

As part of the week, we are holding a non-uniform day on Friday 11<sup>th</sup> February with the theme of 'express yourself'. We are asking for a minimum donation of £1 towards Place2Be, which can be paid on our Just Giving page (<https://www.justgiving.com/fundraising/harriers-banbury-academy1>) or brought on the day. Your child can come to school wearing their own clothes on this day – they could choose their favourite outfit, clothes in their favourite colour or simply an outfit that makes them smile! The main thing - just be yourself!

Please also see the separate Ping message for some information from Place2Be. There are some really useful suggestions in the document for supporting your child with their mental health at home. The Place2Be Parenting Smart website (<https://parentingsmart.place2be.org.uk/>) has some fantastic advice and practical tips from child mental health experts.

If you have any questions about Children's Mental Health Week, or if you would like any further support, please contact your child's class teacher.

Kind regards,

Miss R Thewlis  
*Year 1 Teacher*