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# MOON'S MOAT FIRST SCHOOL

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29<sup>th</sup> January 2026

Dear Parents/Carers,

## Children's Mental Health Week 9<sup>th</sup> – 15<sup>th</sup> February 2026



This year Children's Mental Health Week is 9<sup>th</sup> – 15<sup>th</sup> February, with the theme being '**This is My Place**'.

The theme this year has strong links with our school value of Belonging. To know our place and really feel part of our environment is a basic human need. At school, we aim to create an inclusive and nurturing environment, where all children feel they can belong and say '**This is My Place**'.

In support of this, we will be holding a 'Dress to Express Yourself' day on **Friday 13<sup>th</sup> February**.

Everyone is invited to wear an outfit that expresses themselves, whether it's their favourite outfit, a splash of colour, or an ensemble that showcases their beloved hobby, we want everyone's creativity to shine! Please do not buy anything special for this day, donations are not required.

In addition to this, can children in **Years 1 – 4 please wear their PE kit to school on Wednesday 11<sup>th</sup> February**. Children will take part in a Yoga wellbeing session, led by Julia from Wellbeing Adventurers.

Kind regards,

**Miss K Crawford**  
Headteacher