



**CARLETON
HIGH SCHOOL**

Carleton High School

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Dear Parents/Carers

Children's Mental Health Week

From 1-7 February 2021, we're taking part in Place2Be's Children's Mental Health Week.

This year's theme is Express Yourself. Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas.

There are lots of resources on the [Children's Mental Health Week website](#) that you can use with your child at home; including [activity ideas, tips for parents and carers](#), and an [online assembly](#) which will be available from Monday, 1 February.

To find out more, please visit childrensmentalhealthweek.org.uk or email me at school on admin@carletonhigh.patrust.org.uk.

Yours faithfully

Mr T Marks
Assistant Headteacher