



**St Patrick's**  
Catholic Voluntary Academy

**ST. PATRICK'S CATHOLIC VOLUNTARY ACADEMY.**

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**Headteacher:** Mrs T Lane

Dear Parents/Carers,

4.2.22

Children's mental health week is taking place next week 7-13<sup>th</sup> February. This year's theme is growing together and we will be encouraging the children (and adults) to consider how they have grown and how they can help others to grow.

As a conclusion to the week we are having a "dress to express" day on Thursday 10<sup>th</sup> February. We are not asking for any donations, but we are hoping that the children will come to school in clothes that they feel express themselves.

A few key points to bear in mind:

\*Please speak with your child about what they plan to wear.

\* We are asking children to "dress to express" **but not to offend; for example – no explicit logos**

\* As your child will be in this outfit all day please ensure that it is practical and will allow them to continue with their daily school activities, for example- no heeled shoes.

We can't wait to see their choices.

Kind regards

Mrs Sarno, PSHE Co-ordinator