

LET'S CONNECT



SHARING WITH SCHOOLS

Thank you for supporting **Children's Mental Health Week 2023 (6-12 February)**.

This year's theme is Let's Connect. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

We would love your help encouraging as many schools as possible to get involved and shine a spotlight on the importance of children and young people's mental health.

If you know a school – perhaps as a parent, governor or member of staff – why not encourage them to celebrate the week with us? Below is a suggested email template that you can use.

SUGGESTED TEXT FOR EMAILS

Subject line: Free school resources for Children's Mental Health Week 2023

I thought you might be interested in these new free resources for Children's Mental Health Week (6-12 February 2023).

You can download free assembly guides, slides, activities, top tips and more at childrensmentalhealthweek.org.uk/schools.

Children's Mental Health Week is run by children's mental health charity Place2Be to shine a spotlight on the importance of children and young people's mental health. This year's theme is **Let's Connect**.

As part of the week, Place2Be is encouraging children (and adults) to connect with others in healthy, rewarding and meaningful ways.

Schools are also being encouraged to organise a **Dress To Express** non-uniform day during the week to help raise money for Place2Be. You can download the free Fundraising Pack at childrensmentalhealthweek.org.uk/fundraise

Looking forward to hearing what you think.

SUGGESTED TEXT FOR NEWSLETTERS

1. Get your school talking about mental health by taking part in Place2Be's Children's Mental Health Week (6-12 February 2023). Visit their website to download free assembly guides, activities and top tips for primary and secondary schools: childrensmentalhealthweek.org.uk/schools
2. From 6-12 February 2023, schools across the country will take part in Children's Mental Health Week. Place2Be's free resources for schools will help you to get involved; with assembly guides, activities, fundraising ideas and more. Learn more at childrensmentalhealthweek.org.uk/schools

OTHER WAYS TO SHARE

Keep an eye on our social media channels - and help us to reach more schools by **liking, commenting on and sharing our posts**. Check out our [social media guide](#) for suggested tweets to help you post about the week.

@Place2Be

@_Place2Be

Place2BeCharity

Place2Be