



# LANGSTONE ACADEMIES

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Headteacher: Mrs Jane Bush



Dear Parent/Carers,

As part of our mental health curriculum, we will be celebrating Children's Mental Health week during the week beginning 5<sup>th</sup> February 2024. The theme this year is '**My voice matters**'. Children will have the opportunity to make their voices heard through partner talk, talking to older/younger children by sharing a book and to talk to their teachers. Children from the infant school will further explore the theme of empathy through reading and children from the junior school will have the author, Stuart Foster visiting on Tuesday 6<sup>th</sup> February. They will be able to purchase a signed copy of one or more of his books. (More details in the author letter).

On Friday 9<sup>th</sup> February, pupils will have the opportunity to 'dress to express'. This year, the theme is: 'This is what I want you to know about me'. We do ask that they are still dressed warmly and that they refrain from using hair or face paints.

This year, we are asking for a voluntary monetary contribution – you can send in as little or as much as you want or do not have to send in any money at all. The money raised will go towards 'Friends of Langstone' which will help our school to run exciting community events. Children will talk about their outfits in class and will share what it is they want others to know about them.

Here are a few examples:



I want you to know that I'm an excellent dancer.



I want to be a scientist when I grow up.



I love reading books!

I would also like to remind you about the 'Mental Health and Wellbeing' section (in the parents section) on the website; it is packed with resources and links for you and your child. Please take a look!

Thank You for your ongoing support.

Mrs S Wessels

Mental Health Lead