



# CREATING HAPPY, RESILIENT FAMILIES



We will be holding our 'Express Yourself' disco on Tuesday 6th February! Please pay for your child's ticket on ParentPay if they would like to attend!



## In this edition we talk about Mental Health Week for Children: My Voice Matters



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Mental health is a crucial aspect of our overall well-being, and it is just as important for children as it is for adults. Mental Health Week for Children is an initiative that aims to raise awareness of the importance of mental health among children and young people.

The theme for this year's Mental Health Week is "My voice matters," which is all about empowering children and young people to speak up and express their feelings, thoughts, and concerns. It is essential to create a safe and supportive environment where children feel comfortable sharing their emotions and experiences.

The aim of Mental Health Week is to encourage parents, teachers, and caregivers to engage in conversations with children about mental health, to educate them about the importance of taking care of their mental health, and to promote mental health services and resources that are available to them.

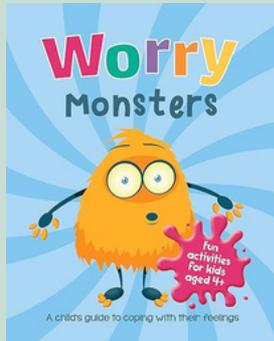
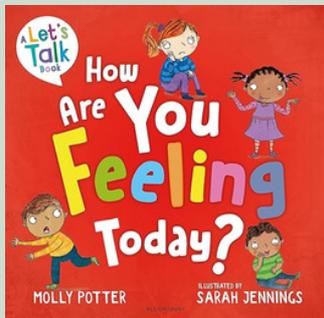
We all have a role to play in promoting mental health and well-being among children and young people. By educating ourselves and others about mental health, we can help to break down the stigma surrounding mental illness and ensure that every child has the support they need to thrive.



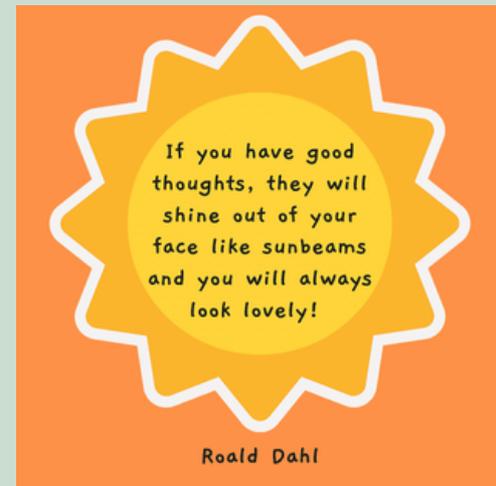
## Helpful Websites!



## Useful Books



Kindness matters  
to your mental  
health  
**Podcast**



What is Children's Mental Health Week?  
Children's Mental Health Awareness Week will take place from 5 to 11 February 2024, with the theme of My Voice Matters. It was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.



HELP GIVE A VOICE TO CHILDREN AND YOUNG PEOPLE ACROSS THE UK IN CHILDREN'S MENTAL HEALTH WEEK, FROM 5-11 FEBRUARY 2024.

CHILDREN'S MENTAL HEALTH WEEK IS A MENTAL HEALTH AWARENESS WEEK THAT EMPOWERS, EQUIPS AND GIVES A VOICE TO ALL CHILDREN AND YOUNG PEOPLE IN THE UK.



[CLICK HERE](#)

CHILDREN'S MENTAL HEALTH WEEK WILL TAKE PLACE FROM 5-11 FEBRUARY 2024. THE THEME THIS YEAR IS 'MY VOICE MATTERS'.

MY VOICE MATTERS IS ABOUT EMPOWERING CHILDREN AND YOUNG PEOPLE BY PROVIDING THEM WITH THE TOOLS THEY NEED TO EXPRESS THEMSELVES.



Written by education  
advisors with over 30 years  
experience



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