

6 February 2023

Dear Parents and Carers,

Children's Mental Health Week



It's Children's Mental Health Week and this year's theme is 'Let's Connect'.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for our wellbeing.

For any child in need of support, whether that be a little help to get back on track or for those in crisis, the Your Mind Matters website www.westsussex.gov.uk/YourMindMatters has helpful advice, resources and local organisations to help you support your child and information to support adults too.

Kindest regards,

Jo Neville
Assistant Headteacher