



LANGSTONE ACADEMIES

Lakeside Avenue, Copnor, PORTSMOUTH PO3 6EZ

Telephone: 023 9282 4138

www.langstone-jun.portsmouth.sch.uk

Headteacher: Mrs Jane Bush



Dear Parents / Guardians

As part of our mental health curriculum, we will be celebrating national Mental Health week during the week beginning on 6th February. The theme this year is '**connecting**'. Children will have the opportunity to connect with people outside their normal classroom environment and explore the concept of connecting.

On **Friday 10th February**, pupils will have the opportunity to '**Dress to Express**'. This year, they will express how they are feeling or their personality through **colour**. We do ask that they are still dressed warmly with sensible footwear and that hair and face paints are not used. In addition, we ask that **no** football kits are worn.

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 be split between 'The Salvation Army' who helped out many of our families over the Christmas period and 'Mental Health' in our school. Children will refer to their outfit in class when explaining what the colours they are wearing tell us about them or how they are feeling.

Here are a few examples:



I am loud
and proud!
(And that's
OK)



I feel
calm and
relaxed
today.

I would also like to remind you about the new 'Mental Health and Wellbeing' section under the "Curriculum" tab 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.

Kind regards

Mrs Marshman
Deputy Headteacher

