

RESPECT

ASPIRE



Dame Elizabeth
CADBURY

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BELIEVE

COMMIT

1st February 2021

Dear Parents/ Carers,



This week is Children's Mental Health Week and as always, DEC wants pupils to be as engaged as possible, even amid the current period of school closure.

Children's Mental Health Week is taking place on 1st – 7th February 2021. This year's theme is Express Yourself. Organisers, Place2Be, say that this is “not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself”. The free resources can be adapted for home-schooling or independent learning and can be found here: <https://www.childrensmentalhealthweek.org.uk>

Watch their Royal Patron HRH The Duchess of Cambridge's video message to mark the start of the week. Their Virtual Assembly with BAFTA and Oak National Academy is now available to view and share – featuring Jodie Whittaker, Oti Mabuse, Matthew Lewis and many more...

Kind Regards

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