



"My Voice Matters" is this year's theme

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

Activities in School This Week

- **Every lunchtime 12.30 – 1.30 children can drop into 5S to take part in Wellbeing activities linked to expressing themselves.**
- **Every breaktime children can express themselves through dance in the hall.**
- **Tuesday 6th February everyone is invited to wear yellow and donate to the Brek Foundation.**
- **Wednesday's group worship will be sharing the Place 2 Be's information about Children's Mental Health Week "My voice matters" and Express yourself.**
- **Children will be encouraged to use their reflection time to explore ways they can successfully express their feelings.**

