



Carlisle & Hampton Hill Federation



Carlisle Infant School

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Headteacher: Ms Z Brittain BA (Hons)

Deputy Head: Mr D Wells BA (Hons)

Hampton Hill Junior School

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Tel: 020 8979 3019

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Headteacher: Mr A Went B.Ed (Hons)

Deputy Head: Mrs A Appleyard BAQTS

31st January 2024

Dear Parents and Carers,

Children's Mental Health Week will be taking place **5th-9th February 2024**.

Throughout this special week, the children will be taking part in activities which will support their well-being, such as whole class connecting games and mindfulness.

We will end the week by having a '**Be You' Mufti Day** on **Friday 9th February**, where children can come to school wearing clothes that express their wonderful personalities.

We would like to suggest a voluntary £2 donation is made via Arbor to raise money for well-being resources for our school and this has been added to your Arbor account, under a tab called 'School Shop'.

Thank you for your continued support.

Laura Irwin
PSHE Lead

Monique Goddard
Senior Mental Health Lead