

30<sup>th</sup> January 2025

Dear Parents,

**Children's Mental Health Week: 3<sup>rd</sup> – 7<sup>th</sup> February**

As part of our school focus on Children's Mental Health Week, our pupils will be able to come to school on Friday 7<sup>th</sup> February wearing their own scarf.

At Forest we have a whole school approach to the teaching of Relationships and PSHE and follow the SCARF scheme. SCARF stands for Safety, Caring, Achievement, Resilience and Friendship; hence the link to the children wearing their own scarf!

The scarf can be sentimental or showing the team they support or just be a favourite. Whatever the story, we will bring them into Celebration Assembly that morning as we remind ourselves about how important our mental health is and how we discuss it in school. The theme this year is 'Know Yourself and Grow Yourself'.

Many thanks in advance for your support.

Yours sincerely,



Rick Hyde  
**Designated Safeguarding Lead and Pastoral Lead**