



Our Ref: LD/MS/cc/ExpressYourself

1st February 2021

Dear Parents and Carers

Barr Beacon School
www.barrbeaconschool.co.uk

Barr Beacon's Mental Health Week and Express Yourself Challenge

National Mental Health Week commences 1st February 2021. We will be doing a special assembly to launch this, with form time activities to follow throughout the week.

In addition, the first week after half term will see the launch of our Express Yourself challenge.

What is it all about?

Expressing yourself is about finding ways to share feelings, thoughts, or ideas through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film... any creative activity that supports your mental well-being. For the **week commencing 22nd February 2021**, we will be taking a break from screen time period 5 of the Monday, Wednesday and Friday of this week. This will give us all the opportunity to take part in Barr Beacon's Express Yourself. Everyone – pupils, staff and parents/carers if they want to get involved - will choose one activity each afternoon from **an extensive menu of enrichment challenges on our website**, ranging from designing your own inside out t-shirt to taking part in the couch to 5k challenge. The menu of activities will be published before half term.

It is important to remember that being able to express yourself 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.

Pupils (or their parents/carers) can post pictures, tagging @barrbeaconsch and using the hashtag #ChildrensMentalHealthWeek or, alternatively, send to their form tutor via Microsoft Teams. Remember that our Express Yourself challenge includes the [PE Enrichment](#) activities so do not forget to submit your scores.

Given that the past year has been so challenging, taking some time to express ourselves is arguably more important than ever.

Thank you for your continued support.

Yours Sincerely

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