



The Crossley Heath School

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Dear Parents and Carers

Children's Mental Health Week 2024, 5 -11 February

We are marking Children's Mental Health Week at school with a series of fun events and awareness activities planned and led by our passionate Student Leaders and supporting staff.

The theme this year is 'My Voice Matters'. As adults, we should empower children and young people, and provide them with time, space, and opportunities to express themselves.

Empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem. They also have a greater sense of community – and as people become empowered, they can work together to create positive changes for themselves and for others.

This Children's Mental Health Week we want all children and young people at Crossley Heath to be able to say – and believe - "My Voice Matters". Our student leaders will be sending out a survey to all students to help us identify any aspects of school and daily life where most emotional challenges are experienced. The voices of our students will allow us as a school to continue to strengthen our wellbeing offering for students.

Parents and carers can access useful information and resources for families using this link; [Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://families-childrensmentalhealthweek.org.uk)

We are looking forward to the activities and events taking place at school through our Children's Mental Health Week programme of events. These activities are aimed at bringing students and staff together, to have some fun, and enjoy the last week of half-term. You can find the full schedule on our website. Our student leaders are running a charity bake sale on Wednesday 7th, any donations would be gratefully received, and on Friday 9th we will be having a non-uniform day. Donations of £1 will go to our school mental health and wellbeing provision.

I would also like to signpost the resources available to support mental health and wellbeing on our school website, using the link below;

[Parent/Carer Support – The Crossley Heath School](#)

Yours faithfully

Mr C. Davis
Associate Assistant Head
Senior Mental Health Lead