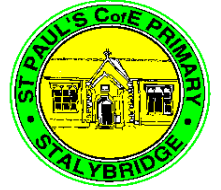


St. Paul's CE Primary School

Huddersfield Rd Stalybridge Cheshire SK15 2PT
Tel. 0161 338 2060 Email: admin@cdatstpaulsprimary.co.uk
Web: www.st-paulsstalybridge.sch.uk Headteacher Mr S Wright



Dear Parents / Guardians,

We are so pleased to be taking part in Place2Be's Children's Mental Health Week 2025 from Monday 3rd February, in association with Here4You supported by Disney.

This year's Children's Mental Health Week theme is **Know Yourself, Grow Yourself**.

Being self-aware and understanding what we are good at, what we find difficult and what makes us feel a range of different emotions is essential. As we build a sense of self, we grow in our ability to connect with others and develop our skills and talents.

At St Paul's, pupils will be taking part in numerous activities such as trying new foods, relaxing in our pop-up Wellbeing Cafe and reading in peaceful environments with other pupils making new positive connections. Please speak to you child about what they have taken part in and how they found each activity.

Donating to Place2Be is optional, if you wish donate please do to so by scanning the QR code below or visiting <https://www.childrensmentalhealthweek.org.uk/>



A massive thank you to Morrisons in Dukinfield for your support during Children's Mental Health Week - we are all so grateful for your kind donations.

Finally, thank you for your support in relation to this and we really look forward celebrating this important event at St Paul's!

Kindest Regards,

Mrs L Forrest
Year 4 Teacher