

North Elmham CEVA Primary School
Stibbard All Saints CEVA Primary School
Flourish Federation



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Thursday 28th January 2021

Dear Parents and Carers,

Children's Mental Health Week is from Monday 1st February to Sunday 7th February.

Place 2 Be is a charity who started Children's Mental Health week in 2015 and this year's theme is 'Express Yourself'. **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, and doing activities that make you feel good.

It's 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.

Therefore, to raise awareness of this and promote positive wellbeing, all the staff across our Flourish Federation are setting you the 'This is me' challenges.

Challenge 1:

Write a poem that celebrates you and record you reading your poem aloud.

Challenge 2:

Create a video of you either dancing or singing along to the song 'This is me' from The Greatest Showman.

Link to the video on YouTube: <https://www.youtube.com/watch?v=wEld2RyGm8Q>

The lyrics will also be posted on both school websites.

Once you have completed one or both of these challenges, please send the video to your teacher. Your teacher will then share the video on the website.

We can't wait to see your wonderful videos, and remember to have fun.

Kind regards,

Mr Arter
Year 1 Teacher at Stibbard All Saints