



St. Gabriel the Archangel Multi-Academy Trust

St. John the Evangelist Catholic Academy

"Lord be thy word my rule."

Principal: Mrs H. Rigby BSc(Hons), PGCE, NPQH
Gloucester Road, Kidsgrove, Stoke-on-Trent ST7 1EL
Telephone: 01782 367267
Email: office@stjohnskidsgrove.org.uk

Friday 6th February 2026

Dear Parents and Carers,

Children's Mental Health Week
Monday 9th February to Friday 13th February 2026
Dress to Express – Friday 13th February

Next week it is Children's National Mental Health Week. This year the charity 'Place2Be' will aim to support the groups and systems surrounding our children. They are encouraging peers, families, schools and communities to create inclusive and nurturing environments, where children and young people feel they belong and can say "This is My Place". The children will talk about and take part in activities regarding mental health throughout the week.

Next Friday 13th February the Wellbeing Ambassadors and Lucy, our mental health practitioner will lead the children in an assembly. **The usual celebration assembly is cancelled next week. The children can come to school 'dress to express and wear their favourite colour, a range of colours or a whole unique outfit to express how they are feeling.** Lucy will share some well being activities around belonging with the children and staff for them to complete in the afternoon.

Further information and support can be found at
<https://www.childrensmentalhealthweek.org.uk/families/>

After half term Lucy will be running "5 Ways to Wellbeing" Watch Me Learn sessions for our KS2 children. One parent or family member can come in to share in the session with their child. Sessions will run 2-3pm on the following days:

Friday 27th February - Y3

Friday 6th March – Y4

Friday 20th March – Y5

Friday 27th March – Y6

(Further information about these will be sent out next week)

Thank you for your continued support.

Yours sincerely

Mrs H Rigby
Principal
