



Express Yourself!

The theme of this year's Mental Health Week is
'Express yourself'



Friday 5th February

Join us on Friday 5th February for our 'Dress to Express' day. You can dress up in fancy dress, bright colours, your favourite clothes, whatever takes your fancy! All to say 'this is me'. Strike a pose and send a photograph to your class teacher. It will be printed and form part of a display in school.