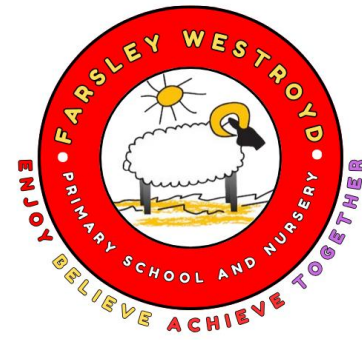


HEADTEACHER MISS JENNY PASHLEY *Bed Hons NPQH*
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Proud to be Me, Proud to be Westroyd, Proud to be Farsley

Dear Parents/Carers,

At Farsley Westroyd we are committed to supporting children's wellbeing. As part of this commitment, we will be taking part in Children's Mental Health Week 2026. This year's theme is 'This is My Place' a chance for children to celebrate what it means to feel they truly belong in their school and wider community.

On **Friday 13th February**, we will be holding a special '**Come As Yourself Day**' to mark the end of the week. Children are invited to come to school wearing an outfit that makes them feel most comfortable, confident, and truly themselves. This could be anything from cosy clothes or favourite colours to cultural dress or something completely unique that reflects who they are.

The day is about encouraging every child to express their individuality, feel proud of who they are, and explore the idea of belonging in a supportive school environment. There is no expectation or requirement to buy anything new, comfort and confidence are key!

Although we won't be asking for donations, families who would like to support the cause are welcome to make a contribution directly to Place2Be via their website, helping to support children's mental health services across the UK.

If you have any questions or would like further information, please feel free to get in touch with me as the school's Mental Health Lead.

Warm regards,
Miss Martin
Mental Health Lead
Farsley Westroyd Primary School & Nursery

Farsley Westroyd Primary School and Nursery is committed to safeguarding and promoting the wellbeing of all children.

