

Dear Parents and Carers,

### **A singalong for Children's Mental Health Week**

This week (1 – 7 February) is Children's Mental Health Week. 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 to feel good. With children's mental health being more important than ever at the moment, we thought it would be a lovely idea to bring all of the children in the Acorn together for a whole-school singalong this coming Friday.

We are therefore inviting you to join us via Microsoft Teams at 13:30 on Friday 5 February where we will be singing 'Lovely Day' by Billy Ocean. This is a link so you can practise:

<https://www.youtube.com/watch?v=DIIDulfbg1Tg>

The link you will need to access the singalong is:

[Mental Health Week - Lovely Day Sing a long](#)

**Please join with cameras on and microphones off – as you can imagine it could be very noisy!**

We will be recording the singalong to share and celebrate within the academy and across the Cabot Learning Federation.

We look forward to seeing you on Friday for some feel good singing!

Yours Sincerely



Jo Thorn  
Head of Primary Phase



Jon Warren  
Music Lead

**WORK HARD, BE KIND**

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