

Stanhope Barrington C of E  
Primary School



Westcroft  
Stanhope  
Bishop Auckland  
Co Durham  
DL13 2NU

Head Teacher: Mrs D Cross

School Number 840 3087

Tel: 01388 528218

Email: [admin@stanhopebarrington.org.uk](mailto:admin@stanhopebarrington.org.uk)

Website: [www.stanhopebarrington.durham.sch.uk](http://www.stanhopebarrington.durham.sch.uk)

Dear Parent/Carer

7<sup>th</sup> February 2022

**Re: Children's Mental Health Week**

This week is Children's Mental Health Week and this is something we take extremely seriously in our school. We will be marking the occasion by discussing Mental Health in assemblies and each Learning Zone has a range of different activities organised to help children to learn how they can look after their mental health.

In addition, there will be a range of guidance and advice documents for parents added to our Emotional Well-being section of the website. You can find this information by going to the homepage and selecting the 'Our School' drop down menu.

On Friday 11<sup>th</sup> February we will be holding a 'Dress to Express' day. A huge part of mental health is about being comfortable with who we are and being able to express this. As such, the children can come to school wearing anything they want which they feel expresses themselves. Children could wear outfits associated with their hobby; they could just get creative; they could wear fancy dress or absolutely anything they want (so long as it is appropriate to wear in school). There is no cost associated with this event.

We look forward to seeing everyone dressed to express on Friday.

Yours sincerely

Mrs D Cross  
Head Teacher

---

Durham and Newcastle Diocesan Learning Trust is a company limited by guarantee (company number [10847279](#)) and exempt charity registered in England and Wales at Cuthbert House, Stonebridge, Durham, DH1 3RY

