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28th January 2020

Dear Parents and Carers

On Thursday 6th February 2020 we are having **Inside Out Day**. Inside Out Day is part of our Children's Mental Health Week and we are asking for children to wear their own clothes but one item needs to be 'Inside Out'. This is to make us all stop and think about how someone may look OK on the outside but inside they may be feeling sad or worried.

All we ask is that your child donates £1.00 for a charity that supports emotional wellbeing amongst young people.

We look forward to seeing your children wearing their clothes **Inside Out!**

Yours sincerely

Sarah Tomlinson
Headteacher

