



Osborne School

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Dear Parents & Carers

Children's Mental Health Week
Inside Out Day – Thursday 6 February

On Thursday 6 February, we will be supporting the first ever Inside Out Day for Children's Mental Health Week. Inside Out Day calls for children and adults alike to wear an item of clothing "inside out" as a way of making us all stop and think about how someone may look OK on the outside but inside they may be feeling sad and worried and the importance of kindness no matter what.

Pupils may come to school dressed in their own clothes 'inside out' in return for a donation to the charity "if you care share" which supports emotional well being amongst young people.

If you would like further information, please visit their website
www.ifyoucareshare.co.uk You can also read more about this initiative at
<https://www.tes.com/news/wear-clothes-inside-out-promote-mental-health>

Yours sincerely

Sonia White
Headteacher