



Wednesday 21<sup>st</sup> February 2026

## Dress to Express Day – Friday 13<sup>th</sup> February

Dear Parents and Carers,

On Friday 13<sup>th</sup> February, we will be delighted to celebrate Children's Mental Health Week with our annual **Dress to Express Day**.

This is not a fundraising event. Dress to Express is all about celebrating our individuality, recognising our differences, and respecting everyone's right to be themselves, as long as this does not cause harm or anxiety to others. It is a joyful opportunity for children to express who they are and what matters to them.

Our Change Champions have shared some wonderful ideas to inspire the day, including:

- Clothing that represents your identity, such as a saree (India) or a kilt (Scotland)
- Clothing that represents your interests or hobbies, for example a karate outfit, Beavers/Cubs/Rainbows/Brownies uniform, Irish dancing, street dancing, or a football team strip
- Clothing that represents your personality, such as a favourite jumper, comfy joggers, colourful socks, or something that makes you feel happy and confident

We feel this is a lovely opportunity for our children to share "what makes them, them" and for us all to learn a little more about one another. The Change Champions have also requested "Time to Express", where each class will have the chance to talk together about their outfit choices and what they represent.

To ensure the day runs smoothly and safely, we kindly ask that the following still applies:

- Children may wear their hair down, but should bring something to tie it back for PE and playtimes/lunchtime
- Footwear and clothing should be suitable for PE if your child has PE on a Friday
- All jewellery must be removed for PE lessons
- Children may wear nail polish, as long as it can be easily removed and nails are back to normal following the half-term holiday

This is a completely voluntary event, and children do not need to dress up unless they would like to. We want everyone to feel comfortable and included.

If you have any questions, please do not hesitate to contact your child's class teacher. We are very much looking forward to seeing the wonderful ways our children choose to express themselves.

Kind regards,

Miss Barraball and Mrs Hibbs  
PSHE Leads