

Dear Parent / Carer,

## **Dress to Express fundraiser for Children's Mental Health Week 2023 –Friday 10<sup>th</sup> February 2023**

I am writing to let you know that on Friday the 10<sup>th</sup> of February, Ellington Primary School will be taking part in Place2Be's Children's Mental Health Week and fundraising to support the mental health of children and young people throughout the UK - a cause we feel is now more important than ever.

Children's Mental Health Week is taking place from 6–12 February 2023 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

Place2Be believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. As a charity, Place2Be rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

## **Dress to Express**

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on the 10<sup>th</sup> of February. We also kindly ask that all children who take part make a suggested £1 donation to Place2Be by bringing their donation to school on the day.

Your child/children's Dress to Express outfit can be as simple or elaborate as they like! Dress To Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a Dress to Express Day during Children's Mental Health Week and raising much-needed funds for Place2Be.

Kind regards,

Mrs. Morris (Mental Health and Emotional Wellbeing Lead)