

DRESS TO EXPRESS



Dear Parent / Carer,

Dress to Express fundraiser for Children's Mental Health Week 2023 – Friday 10th February 2023 as part of our wellbeing and mental Health week Monday 6th February- Friday 10th February 2023-planned and led by Mrs Saville (mental health and wellbeing lead) and my wonderful team of pupil wellbeing ambassadors.

I am writing to let you know that on **Friday 10th February, Ashton Keynes CE Primary** 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 **Friday 10th February**. We also kindly ask that all children who take part **make a suggested £1 donation to Place2Be**, either by bringing their donation to school on the day or you can make donations at one of our 5 after school wellbeing events which we are organising for families across the week.

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. The wellbeing ambassadors will be in touch with a timetable to invite you to the 5 after school workshops we will be hosting during the week of Monday 6th February to Friday 10th February and to tell you more about the new 5 ways to wellbeing challenge we have set for all pupils at school so that they can look after their own wellbeing and that of others and earn a stretchy person and ultimately their special orange wellbeing star!

Kind regards and thank you for supporting this important cause,
Mrs Saville and The AKPS Wellbeing Ambassadors.