



Whitstable Junior School

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1st February 2021

Dear Parent/Carer,

Dress To Express fundraiser for Children's Mental Health Week 2021

I am writing to let you know that Whitstable Junior 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 **1 – 7 February 2021** and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health. Each year, **Place2Be** works to ensure that no child has to face mental health problems alone by providing school-based mental health support in schools throughout the UK. As a charity, they rely on the generosity and support of the community to give children and young people the support they need, when they need it most.

Dress To Express

The idea is simple – On **Friday 5th February** encourage your child/children to use colour to express themselves by wearing a colourful outfit (either at school or at home). They can join their class zoom in their outfit, attend school if they are part of a school bubble or just wear their outfit at home. If you wish, you can make a donation to **Place2Be**, **online** by either clicking the following link <https://www.justgiving.com/fundraising/sarah-amos5> or by scanning the QR code below:



We would love to see your outfits so if you would like to, please email us your photos or post them in your google classroom.

Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. Your child/children could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.

There will also be a school assembly and activities throughout the week to celebrate self-expression, feelings and positive mental health.

Best wishes,

Kirsten Collin