

**DRESS TO
EXPRESS**



Dear Parent/Carer,

Dress to Express fundraiser for Children's Mental Health Week 2022 – Friday 11th February 2022.

I am writing to let you know that on Friday 11th February, St Matthew Academy 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 **7-13 February** 2022 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 in the primary phase to use clothing and colour to express themselves on **Friday 11th February**. We also kindly ask that all children who take part make a suggested £2 donation to **Place2Be** by bringing their donation to school on the day or throughout 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**. If you have any queries, please get in touch with your class teacher or myself.

Kind regards,

A handwritten signature in black ink, appearing to read 'Butterworth', with a long horizontal flourish extending to the right.

Miss Butterworth

PSHE Subject Leader

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