

All Saints' C of E (VC) Primary School

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Dear Parents and Carers,

Letter written by the School's Mental Health Champions:

This week is Children's Mental Health week and for the theme this year it is "Know yourself, grow yourself". In school we are the Mental Health Champions and we are planning things in school to help children learn more about this.

We would also like everyone to celebrate Children's Mental Health week by wearing a colourful T-shirt or socks on Friday 7th February and by raising money for Kids Inspire. Kids Inspire is a charity who helps lots of children and their families locally with mental health difficulties. You can find more details about them by following this link to their website [here](#).

Please help us to support them. Children can wear a colourful T-shirt or socks this Friday, the 7th February in return for donating a minimum of £1. In addition they must still wear normal school uniforms and school shoes please.

Thank you for helping us raise money.

With best wishes from,

Amalie, Mylee, Levente, Lucas, Zach, Felicity and Kayleigh

Mental Health Champions, All Saints' School

