



CATALYST

Dilkes Academy

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Friday 31st January 2025

Dear Parents/Carers,

Next week, Dilkes Academy will be joining thousands of schools across the UK and taking part in Mental Health Week by Place2Be. The theme this year is Know Yourself, Grow Yourself.

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. Here at Dilkes Academy we believe that no young person should feel alone and that together as a school we can change this.

On Friday 7th February 2025, pupils can wear non-uniform to express themselves or promote emotions by wearing colours of an Inside Out 2 character and we'd like to ask parents and carers to consider donating to help Place2Be keep fighting for young people's mental health.

Our suggested donation is £1 which can be donated on the day as the children enter their classroom.

Finally, Place2Be have resources for parents and carers to find help and advice at [Mental health support for parents and carers – Place2Be](#).

If you have any questions, please contact us.

Thank you for your continued support,

Miss Griggs

