



Dilkes Academy
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 Headteacher: Mr R Latham BA (Hons), MA

8th January 2024

Dear Parents and Carers,

Children’s Mental Health Week: 5th-11th February 2024

This year, Dilkes will be taking part in **Children’s Mental Health Week** and will be fundraising for the charity Place2Be from **5th-11th February 2024**.

Place2Be is a children’s mental health charity that provides counselling, mental health support and training in UK schools. They launched the Children’s Mental Health Week in order to empower, equip and give a voice to every child in the UK. Their goal is to ensure that no child or young person has to face a mental health problem alone, and Dilkes wishes to join them in reaching that goal.

This year's Children’s Mental Health Week theme is 'My Voice Matters'.

During Children’s Mental Health Week, we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - “My Voice Matters”. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, this can have a positive impact on our wellbeing; children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health, and to understand that their voice matters.

Throughout the week, children will complete fun, well-being activities daily alongside their learning. Also, **Friday 9TH February** will be ‘**Express Yourself Day**’ and will be a **non-uniform day** - this could be dressing up as your favourite hobby, wearing your favourite colour or accessory, or it could just be coming as yourself. On this day, Mrs Napper will be hosting a coffee morning for parents and carers in order to join our school community together in supporting children’s mental health and to further fundraise for Place2Be.

We are asking for a voluntary £1 cash donation in exchange for wearing non-school uniform.

Yours sincerely,

Miss Mathers
 Year 4 Lead Teacher and PSHE Lead.