

Date 31.01.2020

Dear Parent/Carer,

Children's Mental Health Week 2020

We are working together with Place2Be to share some ideas for getting involved in Children's Mental Health Week. During this special week, we want children, young people and adults to share, learn and help each other to find their brave. We all take brave steps in our everyday lives and when we do, we feel more positive and confident. By taking part we can support each other's wellbeing while also raising money to ensure that every child can access the mental health support they need.

How your child can take part is by modelling their superpower to the world by dressing up on **Friday 7th February**, in a quality they have for example being kind, being honest. They can also share a story in class where they have learnt a new skill, tried at something, they find hard, asked for help or did something they were scared of.

We are asking for a donation of £1, which will go towards Place2Be, so that they continue to provide emotional support to children within schools. Place2Be is a children's mental health charity providing school-based support and in-depth training programmes to improve the emotional wellbeing of pupils, families, teachers and school staff.

Ideas for dress up could be writing and decorating a T-shirt with your superpower!

BE BOLD.
BE BRAVE.
Be kind.

Your sincerely

Zabina Riaz

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