



HAILEY HALL SCHOOL

Believe | Strive | Achieve

29th January 2024

Dear Parents / Carers

Re: Children's Mental Health Week

We will be celebrating Children's Mental Health Week from 5th – 11th February 2024. The theme this year is **'My Voice Matters'**.

'My Voice Matters' is about empowering children and young people by providing them with the tools they need to express themselves. This year, we want to empower pupils of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. Our aim for Children's Mental Health Week is that our pupils can say and believe "My Voice Matters".

Pupils will be looking at our website in the pupil support page and can have content input during Tutor sessions as well as activities during lessons throughout the week. We will have a non-uniform day but this year it is to start up a 'Hailey Hall Care Cupboard', so all pupils have access to hygiene products when they need them. **Non-uniform day will be on Friday 9th February 2024.**

The 'Care Cupboard' is being set up and managed by Amy Martin and Shelley Long. Its purpose is to have products available for pupils to take home that day if they have run out or if financial pressures mean it is difficult to keep up with the forever increasing cost of living. Pupils can request products themselves or you can email us to get products sent home discreetly.

We ask if pupils can either bring in a donation of a new item for example, shower gel, roll on deodorant, shampoo, toothpaste etc. Or a donation of £1. There will also be a cake stall where pupils can buy items for 20p – 50p. If you are unable to donate, please let us know so we can be discrete when collecting items or money. Money raised will be used to purchase items for the cupboard.

As parents and carers, you play an important role in your child's mental health. If you would like to support Children's Mental Health Week at home, you can download some resources from Place2be website which includes top tips for families, young people as well as activities.

<https://www.childrensmentalhealthweek.org.uk/families/#resources>

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Patron: Billy Wingrove

'Hailey Hall School is committed to safeguarding'



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Kind regards

Stevie Sharp
Safeguarding and Mental Health Lead.