



# GOLDINGTON GREEN ACADEMY

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Dear Parent / Carer,

23<sup>rd</sup> January 2024

## Shine Bright Wear Bright 'Mufti Day' for Children's Mental Health Week 2023

I am writing to let you know that on **Friday 9<sup>th</sup> February**, we will be taking part in CHUMS Charity's **Shine Bright Wear Bright 2024** campaign to raise awareness and vital funds to support the mental health & emotional wellbeing of children and young people across Luton & Bedfordshire - a cause we feel is now more important than ever.

**Children's Mental Health Week** is taking place from 5–11 February 2024 and is an opportunity to shine a spotlight on and raise awareness of children and young people's mental health.

**CHUMS** believes every child should have easy access to mental health support whenever they need it.

CHUMS have supported more than 3,400 children and young people in 2022 across Luton & Bedfordshire. Many of these children and young people face challenges making it hard for them to focus at School. CHUMS has developed a unique service delivery model to ensure that children and young people are able to access a service that supports their individual needs.

### Shine Bright Wear Bright

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **9<sup>th</sup> February**. We also kindly ask that all children who take part **make a suggested minimum £1 donation to CHUMS**, either by bringing their donation to school on the day or by making a donation on ParentPay.

Your child/children's SBWB outfit can be as simple or elaborate as they like! SBWB is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a SBWB Mufti Day during Children's Mental Health Week and raising much-needed funds for CHUMS. It's thanks to supporters like you that CHUMS is a British Children & Young Adults mental health success story.

**Thank you for helping us to keep that story going!** If you have any queries, please get in touch with the school office.

Yours sincerely  
**Mrs J Harrison**  
PSHE Co-Ordinator



**From the smallest seeds, to the tallest trees, always aiming higher; Give, Grow and Aspire**