



GOLDINGTON GREEN ACADEMY

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Dear Parent / Carer,

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

I am writing to let you know that on **Friday 10th February**, we will be taking part in CHUMS Charity's **Shine Bright Wear Bright 2023** 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 6–12 February 2023 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 **10th 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

Miss A Theobalds



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