



St Andrew the Apostle

Greek Orthodox School



Dear Parent / Carer,

Dress to Express fundraiser for Children's Mental Health Week 2023

I am writing to let you know that on **10 February 2023 St Andrew the Apostle Greek Orthodox School** will be taking part in **Place2Be's Children's Mental Health Week** and fundraising to support the mental health of children and young people throughout the UK - 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 for children and young people's mental health.

Place2Be believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. As a charity, **Place2Be** rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

Dress to Express

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **10 February**. We also kindly ask that all children who take part **make a suggested £2 donation to Place2Be** by making a donation online at www.Parentpay.com under the heading 'Dress to Express Day'

Your child/children's Dress to Express can be their own clothing for the day, however, to ensure that the ethos of the school is maintained we ask that all students:

- Ensure that shoulders and midriffs are covered.
- In line with our typical school uniform policy skirts must not be worn 5 cm above the knee.
- Clothes should not contain any offensive logos or words.
- Flips Flops or sliders

Should students arrive to school wearing clothes not in line with our school ethos, we will ask student to return home and change clothes, or if this is not possible then complete work in our Referral Room.

The day also provides a great opportunity to be open about emotional wellbeing and start conversations within our school community.

We're delighted to be hosting a Dress to Express Day during Children's Mental Health Week and raising much-needed funds for Place2Be. If you have any queries, please contact us using the staff contact form.

Kind Regards,

Millie Henshaw-Devall

Safeguarding and Inclusion officer

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