5th October 2020

Dear parents/carers,

Hello Yellow Fundraiser and Non-school Uniform day 2020

I would like to introduce myself; my name is Alice Taylor and I am a Year 13 student at Eckington School. I have had the responsibility of being the Head of the Well-being working party in the Student Council. Since taking on this role in October 2019, I have been working to raise awareness of mental health within the school community through displays, fundraising and making resources available for your child both in and out of school.

Mental health is a part of everyone’s life, and it is critical that all ages feel supported and open about their mental health. In the Well-being working party, we chose Young Minds as our charity to fundraise for and support. This is because they target the improvement of mental health care for young people. I follow Young Minds on social media, and they are always actively campaigning, petitioning and providing suggestions of ways to improve and look after mental health.

To support this very important charity we will be holding **a non-school uniform day on Friday 9th October 2020**. This is Young Minds official fundraising day, making it a perfect opportunity to not only support an outstanding charity, but also to raise awareness in a meaningful way within the school community. It has been a very turbulent and challenging few months in lockdown and I would say for young people, the emotional distance has been harder than the social distance. Mental health is an area which lacks funding to facilitate rising problems amongst young people and after lockdown, it is so important that we act to support all students and staff. Students will also have the opportunity to reflect on their own mental health and that of others on this day.

What your child can do to support this cause:

* Pay £1 on the 9th October to wear non-school uniform. As with all non-uniform day this must be suitable for a place of study – no football shirts.
* Wear an item of yellow/green if possible (Yellow for Young Minds, Green for Mental Health Foundation.)
* If they have PE on Friday, but would like to support the event, they must come in clothing and footwear appropriate for doing sporting activities.
* The sixth form – there will be a bake sale in the common room, please bring extra money if you can!

What you can do as a parent or carer:

* Encourage your child to be open about their mental health and know where to seek support at home and school should they need it.
* Be aware of the signs for mental health conditions. If you are worried about mental health, you can visit <https://youngminds.org.uk/find-help/for-parents/> for tips, advice and helplines.

I am sure that this fundraiser will be something to be proud of as a school and I hope you and your child will remember to always take care of your mental health.

Thank you for your support,

Alice Taylor Mrs R Price

Year 13 Student SLT lead for Wellbeing