



Birchgrove Primary School
Ysgol Gynradd Llwyn Bedw
Headteacher Mrs S Morgan



Dear Parents and Guardians,

From February 5th to 9th, 2024, we're participating in Children's Mental Health Week, and fundraising for YoungMinds UK. Our School Council have selected YoungMinds UK as their chosen charity due to their exceptional dedication to championing children's mental health. We will also be teaming up with Mrs Miles' 'Mental Health Ice Hockey' team to promote positive well-being.

'Dress to Express' - On Friday 9th February, children are encouraged to express themselves through their clothes, hair etc. This could simply be their favourite jumper, a ribbon in their hair or a pair of socks. We encourage your child to be as creative as they wish; this could include wearing a wig, face paint or a funny hat. Please ensure your child is dressed appropriately for a normal school day (eg; flat shoes, warm coat etc) and any items should be clearly labelled as we cannot be responsible for their safe return.

To raise money for YoungMinds UK we are asking for a **donation of £1 per child**. Please send your child into school with this money and it will be collected by their class teacher. Alternatively, you can donate to our school justgiving (link on page 2).

Lunchtime activities - During lunchtime on Friday 9th February, our School Council will be hosting some lovely wellbeing activities in the old hall. Pupils can participate in the following activities for a **suggested donation of 50p**: Wellbeing Minecraft, colouring and drawing, kahoot quiz, word trail, puzzles and word searches.

We have lots of activities planned during Children's Mental Health Week (Feb 5th - 9th) to help the children understand the importance of mental health. If you would like any help or guidance please chat to our staff or visit the 'Children's Mental Health' section of our website.

If you have any questions or queries please do not hesitate to contact Mrs Miles and Mrs Pesticcio.

We thank you for your continued support and look forward to seeing everyone's efforts!

Mrs Miles, Mrs Pesticcio and Birchgrove School Council

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- **Donate to our justgiving page:**

https://www.justgiving.com/page/birchgroveprm2024?utm_medium=fundraising&utm_content=page%2Fbirchgroveprm2024&utm_source=copyLink&utm_campaign=pfp-share

- **Children's Mental Health Support on our website:**

<https://www.birchgrovecardiff.co.uk/page/?title=Mental+Health&pid=180>

- **Mental Health Ice Hockey:** <https://mentalhealthhockey.com>

- **YoungMinds UK** - YoungMinds is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health, and all young people get the support they need, when they need it, no matter what.

YoungMinds run a free, confidential parents helpline, which parents / carers can call if they are worried about how a child or young person is feeling or behaving. They also run a group called Parents Say, for parents whose children are accessing Child and Adolescent Mental Health Services. For more information and support visit their website here:

www.youngminds.org.uk
