

Monday 10th June 2024

Dear Parent/Guardian,

RE: Making Moves for Mental Health Week

In the week beginning the 17th until 21st June 2024, we will be hosting a range of fundraising activities in school to support mental health initiatives and campaigns. We would appreciate your support through the sponsorship of your child in a **'Move it for mental health challenge'** which is taking place on **Thursday 20th June**. Your child will be challenged to complete the 'Move It course', as they undertake laps of the sports field, in the set time they are given.

The rationale behind this campaign is that recent statistics show 1 in 5 young people aged 11-16 have a probable mental health disorder, and this will continue to rise if we do not take action now. We recognise that, despite being proactive in our approach, the lack of early intervention to support those struggling with their mental health means that most young people are reaching crisis point before receiving support. Existing services are overwhelmed, and the funding given does not reflect the seriousness of the situation. We recognise the gap in local service delivery and would like to make moves to change this. We are aiming to raise £12,000 to pilot an early intervention hub for our school community. Access to support should not be a postcode lottery. We believe that change is possible but with limited resources, we cannot do this alone.

On the day of Thursday 20th June, if your child would like to participate and raise money for the 'move it for mental health challenge', then they will be able to attend school in their St Michael's PE kit. All participating students must bring their sponsorship form and money into school, as this will be collected on the day. The colour theme of yellow and pink is associated with mental health campaigns what we support, therefore, if your child wants to wear a yellow or pink t-shirt, they will be able to bring this into school and wear it during the event.

We value your support with this movement for mental health and believe that we can raise the funds necessary to provide the services for children at St Michael's suffering with various mental health challenges.

If you have any questions, please do not hesitate me on 0121 561 6881.

Yours faithfully,



Mr Stuart Dix
Ethos Lead

Headteacher: **Mrs C Handy-Rivett, BA (Hons), MA, NPQH**

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