



Eden Girls

7<sup>th</sup> February 2023

Dear Parent/Guardian,  
Assalamu alaikum - Peace be with you,

**Re: Charity event: Mental Health Week & colourful Jumper Day Thursday 9<sup>th</sup> February 2023**

As part of our ongoing charity work with local and national organisations, we will be dedicating **the week beginning 6<sup>th</sup> February 2023** to our 'Mental Health and Wellbeing' activities.

Throughout the week there will be presentations to pupils to educate them about the importance of Mental Health and Wellbeing. Moreover, our staff have shared some inspirational quotes which are on display on our electronic screens around school.

Mental health plays a key role in a child's overall wellbeing and can be affected by various factors, including:

- environment
- stress
- family circumstances
- abuse and neglect.

We would like to launch our charity event linked to Mental Health next week and where pupils are to wear a colourful hoodie or jumper with their uniform on **Thursday 9<sup>th</sup> February 2023**.

We are requesting pupils to donate £2 from **Monday 6<sup>th</sup> February**. All the funds will go to the charity 'Place2be'. You can find more information on the link - [Place2Be](#). Parents will also have the option to donate via Parent Pay.

Thank you for your ongoing support.

Yours faithfully,

**Shegufta Farooq-Bowkan**  
Assistant Principal - Faith and Character Education Lead

**Moulana Javed Kachhalia Patel**  
Faith and Character Education

