



9 February 2022

Dear Parents, Carers and Students

The Sixth Form Leadership Team are writing to inform you of our **Events Week** in support of mental health during the last week of this half term, the **14 - 18 February**. We have put together a few different events which aim to support the tutor slide messages as well as our school vales of supporting our own and others mental health, removing the stigma from talking about our feelings. We aim to keep the week fun and enjoyable and hope to see as many students as possible getting involved in all the activities. Below we have attached the itinerary which also will be shown to students in tutor time.

Day	Event
Monday 14 February	During form, each student will be given a piece of card and will write a kind message on it. We are going to collect these and randomly return them to all year groups from 7-11 who will then open it on Monday, which is also Valentine's! The idea behind this is that it supports showing kindness to everyone, even if you don't know them as who knows what they might be going through.
Wednesday 16 February	<b>Crash mat sliding</b> in the sports hall. This will take place during lunch and each mat <b>costs 50p</b> . This has always been a fun activity and the money raised will be going to <b>West Sussex Mind</b> , an independent and local charity who work in the community to provide support for those in times of struggle.
Thursday 17 February	<b>Wear a pair of odd socks</b> . This is to highlight how everyone is unique and we should celebrate our differences. There is no donation needed as students should wear normal uniform with the addition of a pair of odd socks.
Friday 18 February	<b>Bake Sale</b> in the hub at break, all cakes 50p with these donations going towards <b>Cancer Research</b> which is looking for a cure for cancer. It has been a long time since we have been able to do a bake sale so are very excited.  This bake sale is run on donations from parents, staff, and students so if you're a keen baker or like to decorate store bought cupcakes, now is the time to get involved to support such a great cause! Any baked goods can be brought in <b>Friday morning</b> and then will be served as part of the bake sale.

Thank you for all the contributions that will be made throughout the week, we can't wait to get going and hopefully get across the message that no one must suffer alone with mental health, there is always someone who will listen. We would also like to thank you for your continued support with all our events, it truly means a lot to all the team as well as the important charities we support.

Yours sincerely

Grace and Sam  
Sixth Form Leadership Team

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