

9 October 2023



Dear Parent/Carer

World Mental Health Day – Happy Hat Day Tuesday 10 October 2023

Last year, teachers, parents, and students came together to draw attention to their mental health by wearing a hat for Happy Hat Day. This Tuesday 10 October, on World Mental Health Day, we have decided to bring Happy Hat Day back and encourage young people to reflect on what is on their mind.

To take part all we ask is for children to come to school wearing their favourite or silliest hat and make a small donation of £1 (50p if you have a sibling at an Oasis school) and post a photo on social media. **Student are still expected to wear full uniform.**

To make a donation visit: www.justgiving.com/campaign/happyhatday2023

Hats can be pre-owned favourites at home such as baseball caps, beanies, bobble hats and flat caps or something your child has always wanted an excuse to wear like a seasonal bonnet, superhero hat or even a crown! Hats can be decorated or, for the more creative among them, even handmade. Whatever makes them feel most comfortable and happy. ***Hats should not contain any offensive or unkind wording, objects, or graphics.**

All money raised will go towards the wrap around mental health support for children and young people provided by Oasis. We run hub led interventions through the Talk It Out programme (wellness activities, mentoring, emergency intervention and whole family engagement) and one-to-one and group counselling sessions managed through our partnership with Place to be.

Thank you for your support and I look forward to seeing your hats soon!

Yours sincerely

Benjamin Bond
Principal

Executive Principal - Mr Benjamin Bond
Head of School - Dr Karen Riding

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