Dear Parent/Carer,

On Wednesday 9th February 2022 at 9am, our school will be participating in a special streamed mindfulness moment from youth mental health charity, [Beyond](http://www.wearebeyond.org.uk/). This will be hosted by Lauren Duffy, founder of [Rebranding Mental Health](https://www.rebrandingmentalhealth.com/)**(KS1/2)** and MBACP registered child and adolescent therapist [Kemi Omijeh](https://www.kemiomijeh.com/) **(KS3/4).**

On that day, Beyond is delivering the UK’s only mental health and wellbeing festival for educational settings, Now and Beyond. Thousands of schools around the UK are taking part and benefiting from free lesson plans, free access to local mental health experts and free live programmes with celebrity guests.

Alongside their festival, Beyond awards funding to educational settings throughout the UK to enable mental health support such as counselling, dramatherapy and suicide prevention programmes.

But in an unprecedented year with so many young people requiring mental health support, Beyond needs the funding to help more schools.

As our school benefits from the Now and Beyond Festival, we would like to give back by helping Beyond to raise money so that they can help even more young people whose mental health has been so badly impacted by the effects of the pandemic.

Family and friends are invited to sponsor their child’s participation in the mindfulness moment, supporting the work of Beyond so that they can provide interim funding for mental health provision to thousands of children.

Your support is really appreciated - thank you.

Warmest wishes