



## World Mental Health Day 2021 10/10/2021



This year Rising Stars have decided to hold a range of events across the week beginning 4<sup>th</sup> October in order to raise awareness on mental health and money for a charity called Place2Be.

Place2Be are a great charity who work with primary and secondary schools across the country teaching children about the importance of looking after our mental health and offer counselling sessions to young children if needed. At Rising Stars we understand that mental health can affect children of all ages and know that more work needs to be done to ensure the lives of our younger generation are supported in the best way possible. Place2Be was a charity that we felt will benefit so many young lives and something we would love to support.

### **Week commencing 4/10/2021:**

#### **Monday – Sponsored walk to Lodge Farm Park**

The children will be placing kindness gifts in the park for the local public to find!

#### **Tuesday – Bake day competition**

Each room will be challenged to make the best baked good.

#### **Wednesday – Crazy costume day**

A prize will be given to the craziest outfit of the day.

#### **Thursday – Timed colour monster hunt**

Each room will be timed to see who can find our hidden colour monsters the fastest.

#### **Friday – Sponsored disco**

All children will dance until they can't dance anymore.

We politely ask that parents, carers and family friends make a cash donation to this brilliant cause, anything is something and goes a long way! Please see the link below to Place2Be's website for more information about what they do and how your donations will be spent.

<https://www.place2be.org.uk/>

