**<SCHOOL LOGO> <Date>**

Dear Parents and Carers,

We are delighted to inform you that **<*Name of your school/college>*** will be taking part in this year’s **Youth Mental Health Day** campaign as an official #ConnectMeaningfully ***<school/college>***. As such, I wanted to set out some of the activities we will be doing in class, and how the ***<school/college>*** will be involved in the campaign to support Youth Mental Health Day.

With the long-term impacts of the COVID-19 pandemic and school/college closures becoming clear, so too is the significant effect the last year has had on young people’s mental health and their connections. In light of this, Youth Mental Health Day, founded by young person’s mental health charity **stem4**, will invite young people across the country to reflect on how their relationships and connections have changed over the last couple of years, through a positive **#ConnectMeaningfully** campaign. The campaign will focus on the importance of building and maintaining meaningful connections and relationships, as well as helping students learn how to foster positive, genuine relationships that support good mental health.

To take part in the campaign, we will be discussing the importance of meaningful connections, and related topics, with students in assemblies and in the classroom. Students will then be asked to create a piece of work (such as a painting, dance or poem) that reflects the connections they have in their life and how they plan to #ConnectMeaningfully in the new term by creating positive goals—for themselves or for young people in general.

We are sure you value the importance of giving young people a voice and helping them forward focus as much as we do. If you are interested in extending the Youth Mental Health Day message to your household and family on the 19 September, stem4 has an array of mental health resources and materials to go through with your child or young person. You can also use the hashtags #YMHD and #ConnectMeaningfully to share this important message on social media with your community. Please visit [www.youthmentalhealthday.co.uk](http://www.youthmentalhealthday.co.uk) to find out more.

Thank you,

**<Your name>**

\*Please note that any photographs taken of a student's work may be used for promotion of YMHD including the national campaign, social media, press, and on our website. Please complete the safeguarding form confirming your permission for photos to be taken with your young person’s work.