Heathland School
Eastcote Lane, Harrow HA2 9AG
Phone: 020 8422 4503
Email: office@heathland.harrow.sch.uk
Website: www.heathlandschool.net
Headteacher: Miss F R Hopkins

Whitefriars School
Whitefriars Avenue, Harrow HA3 5RQ
Phone: 020 8427 2080
Email: office@whitefriars.harrow.sch.uk
Websites: www.whitefriarsschool.net
Headteacher: Mr P K Vekaria

27th January 2025

Dear Parent/Carer,

Heathland School will be taking part in **Children's Mental Health Week**: Monday 9th – Friday 13th February 2026, in association with Place 2 Be.

The theme for this year's Children's Mental Health Week is '**This is my Place'**. That means feeling like you are part of something, such as your family, your school, your group of friends or a team. These happy moments help us feel connected, valued, and accepted.
When we feel like we belong, we feel happy, safe, and ready to learn and play. It helps us grow strong in our minds and bodies, and it makes it easier to make friends, do well in school, and feel good about ourselves.
During Children's Mental Health Week, we'll be talking about how we can help everyone feel like they belong. We will learn how to be kind, include others, and make sure no one feels left out. Because everyone deserves to feel like they have a place where they are accepted, cared for, and loved.

We are inviting all children (and grown-ups!) to **show where they belong** on **Wednesday 11th February**. Children can come in to school dressed in something that they feel shows their PLACE. This could be wearing cultural dress, a club or sporting team outfit or colours linked to their PLACE (such as colours of a flag).

We are asking you to donate just £1 to support Place2Be. Every £1 you donate helps us continue our vital partnership with Place2Be, a charity dedicated to providing mental health support in schools. These services are a lifeline for children struggling with their mental health, offering timely and accessible care in a safe, familiar environment.

Not every school has access to such support, leaving many children on long NHS waiting lists during critical periods of their development. Your donation ensures we can keep offering this essential service, giving children the help they need, when they need it most.

We are looking forward to seeing all of our pupils dressed in their chosen outfits on Wednesday 11th February.

Yours sincerely,

Miss F R Hopkins
Headteacher

Heathland Whitefriars Federation, a charitable company limited by guarantee registered in England and Wales, company number 09066965.
Registered office address: Heathland School, Eastcote Lane, Harrow HA2 9AG