



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
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Dear Parents and Carers,

This Advent we will be supporting the *Light the Way* appeal set up by Brentwood Catholic Children's Society, and thinking about the importance of lighting the way for children's mental health. We want to raise awareness of the important work they do, and boost funds they need to improve the emotional health and well-being of children across Essex and East London. Please see the attached poster with instructions on how you can support this cause. Please remember no donation is too small.

Who are Brentwood Catholic Children's Society?

We are an established children's charity delivering vital mental health and emotional wellbeing services in schools across Essex and East London.

We work to improve the lives and life chances of these children and young people, by offering a wide range of highly professional support and advice services in schools. Our diverse school team is made up of well qualified counsellors, therapists and social workers who provide support services to over 100 schools for over 1,000 children and their families each year.

Our biggest undertaking is the one-to-one work we do in schools with children. However, this is not right for every child, and so we also provide therapeutic support to children, young people and families in our dedicated counselling rooms at our head office. As an extension of our services, we also provide expert training and supervision to school staff as well as specialist support to parents for developing skills to enhance the wellbeing of children and young people.

You will find an envelope in your child's bag. Please can all donations be returned to school by **Friday 12th December**. Your donation can be a personal donation or money raised through fundraising. If your child does organise a fund raising event please let their class teacher know so this can be celebrated in school. Fundraising can be a truly fun and positive experience for both you and your children. It's well worth finding the time to give back as it can teach children what is important in life. Your children will get the chance to learn what it means to give back to others.

Thank you for your continued support.

Sacred Heart School

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