



# Kader Academy

---

Staindrop Drive, Acklam, Middlesbrough, TS5 8NU

Tel: 01642 286599

Principal: Mrs A Mitchinson



Dear Parents/Carers,

## **Mental Health Festival Wednesday 9<sup>th</sup> February**

On Wednesday 9<sup>th</sup> February 2022 at 9am, our school will be participating in a special streamed mindfulness moment from youth mental health charity, [Beyond](#). This will be hosted by Lauren Duffy, founder of [Rebranding Mental Health](#).

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.

Kader will have having an 'Inside Out Day' on 9<sup>th</sup> February where we will ask children to wear their clothes inside-out to remind them that is okay to feel 'inside out'. To help support Beyond please can we ask that children bring in a £1 donation for the charity.

Your support is really appreciated - thank you.

Mrs A. Mitchinson  
Principal

