

Dear Head teacher

We are the Members of Norfolk Youth Parliament for Norfolk and we are writing to you about our mental health campaign because we would like you to get involved with it.

Youth Parliament is a network of young people across the UK who represent young people and campaign on issues that affect young people. Each year young people get the opportunity to vote on issues that they would like MYPs to campaign on and at the moment one of the topics is mental health.

As part of our campaign, we are asking schools in Norfolk to raise mental health awareness through a variety of fundraising activities which include a non-uniform day, informative games and activities, inviting experts to your schools to speak to students and cake sales to raise money for local mental health charities. We hope to raise £10,000! The events will happen on the week commencing Monday 10th October as that is World Mental Health Day so that fits in nicely.

We'd love your school to take part in this because it is a great opportunity to raise awareness about mental health and help us support mental health services.

If you would like your school to get involved please can you email Ben Dunne ben.dunne@norfolk.gov.uk and he will send you your free activities pack and help to promote your schools activities in the local media.

Yours faithfully,

Norfolk MYPs

Bethayne, Cameron, Charlotte, Fleur, Greta, Harriet, Harvey, Jess and Tom