



Park Academy West London
an Aspirations Academy

Ms Suvi Mohey [Principal]

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Wednesday 10th May

Dear Parents / Carers,

Re: Wear it Green Day 2023

According to the Office for National Statistics (2020), nearly one-third of 16-24 year olds in the UK (31%) reported some evidence of depression or anxiety in 2017 to 2018. This is up from the previous year (26%). In addition to this, it is widely acknowledged that the pandemic had a devastating impact on the mental health of young people, with many still suffering years later.

From Monday 15th May, the Mental Health Foundation are holding their annual Mental Health Awareness Week to raise the profile of mental health in young people, tackle stigma and work together to develop a society that prevents mental health problems from developing and protects everyone's mental health.

To support this event, we are inviting the Sixth Formers to join with staff and participate in Wear it Green Day on Thursday 18th May. To take part, the students can wear an item of green clothing, but must continue to adhere to the smart, business dress code for the Sixth Form. The item could be socks, jumper, tie...anything. We are asking for students who are participating to make a donation of at least £1.00 which will be collected during AM time. All funds raised will go towards research into mental health by the Mental Health Foundation.

We hope that your child participates in this event and help support Mental Health Awareness Week.

Yours sincerely

Ms L. Anthony
Pastoral Lead

Perseverance ♦ Aspiration ♦ Respect ♦ Kindness