



Friday 7<sup>th</sup> May 2020

Dear Parent/Carer

We will be holding a non-school uniform day on Friday 14<sup>th</sup> May in support of 'Mental Health Awareness Week'. We are raising funds for the Mental Health Foundation charity and the Friends of Davison High School ~ FODS, our school's PTA.

The theme for Mental Health Awareness Week is 'nature', which is central to our psychological and emotional health. Spending quality time outdoors with nature can reduce stress, balance mood and help you feel more positive. Going for walks was one of the top coping strategies during lockdowns.

We are inviting students and staff to take part in a #ConnectWithNature photo competition, with certificates and prizes to be won! To enter the photo competition, please email your photo to [c.jameson@davisonhigh.school](mailto:c.jameson@davisonhigh.school) with 'Nature photo competition' in the subject line.

Photos should be inspired by nature, perhaps a special place, a spectacular sunset or the beauty of our landscape. Entrants might consider photographing insect or bird life in their garden or park, a stroll along the beach, a family walk, colourful flowers, plants, trees or even the sky and its amazing cloud formations.

We would love to create a display of all entries, so please do make sure the photograph is of the highest resolution possible for printing purposes. These photos will also be shared on school social media, using the student's first name only. Please let us know in your emailed entry if you are not happy for the photo to be celebrated in this way. The deadline for entry is Monday 17<sup>th</sup> May, with the results being announced the following week.

During Form time next week, students will be discussing and sharing how they connect with nature and looking at how the '5 ways to wellbeing' can help to boost these opportunities.

If your daughter wears non-uniform, we ask you to make a minimum £1.00 donation by Friday 14<sup>th</sup> May. Payments can be made through WisePay only (no cash payments), which can be accessed [here](#) or through our school website by clicking on the 'Parents and Students' tab on the right-hand side of the page, then selecting WisePay. After logging in please select 'Tickets and Events', 'Non-Uniform Day'. If you require any help with WisePay, you will find a useful page of FAQs [here](#) or on our school website under the section, Letters & Forms. Alternatively, you can email [payments@davisonhigh.school](mailto:payments@davisonhigh.school)

Please can we ask for your help in maintaining the spirit of fundraising by making sure your daughter considers the following:

- Students who have PE on this day, must wear clothing which allows them to participate appropriately in their PE lesson, this includes wearing PE trainers
- Jewellery/make-up/nail polish are in line with school policy
- No bare midriffs
- No dyed or coloured sprayed hair
- The usual classroom equipment i.e. pens, pencils etc. are brought into school

Thank you for your support with our fundraising efforts.

Yours faithfully,

Mrs Nimie Bunyard  
Community Manager

Mrs Charlotte Jameson  
Wellbeing Lead