

Dear pupils at Ashmole Primary School,

BICS' exciting new look and feel places children and young people (CYP) at the front and centre of our work and want all CYP in Barnet to know "It's OK to talk."

The theme for Mental Health Week 2024 is: "My Voice Matters".

At BICS, we want all children and young people to be able to say and believe that their voice matters.

We know that when CYP feel empowered, this has a positive impact on their wellbeing.

When we listen to CYP, it directly impacts on their self-esteem and sense of community.

I'm writing today to tell you about one of our events for Mental Health Week 2024:

BICS Poster Competition: "MY VOICE MATTERS"

We are inviting all CYP in your school to take part in our poster competition. Pupils are free to use any medium and to be as creative as they like!

The prize: a £60 gift voucher for the winner of each Key Stage to be awarded by the Mayor of Barnet at 3pm at Hendon Town Hall, The Burroughs, Hendon, London NW4 4AX.

We would like to select one winner from each Key Stage. Those winning creations will be entered into an inter-school competition where the final winner will be announced.

Winning entries must reach us by **5pm on 8th February 2024** as winning entries will be displayed at Hendon Town Hall on 9th February in an exhibition from 12pm on 9th Feb.

An invitation will be sent out shortly inviting schools to come and view the exhibition and to invite the winners to the ceremony.

Look forward to hearing from you!

Best wishes

BICS

