



TBT/NSL

01 February 2024

Dear Parent/Carer

RE: CHILDRENS MENTAL HEALTH WEEK 2024

I am delighted to share with you that The Gateway Academy is entering into a collaboration with Luna, an educational health app. Together, we are launching the Luna Wellbeing Challenge in conjunction with Children's Mental Health Week, starting on Monday 05 February 2024. This initiative is scheduled to span four weeks.

Luna, an app committed to providing a secure environment for teenagers to learn about their bodies, health, and wellbeing, will serve as the platform for this challenge. All content, including articles, videos, and responses to anonymous queries, is medically verified, with safety as the foremost priority. Users are unable to engage in communication or interaction with each other. This challenge is strategically crafted to empower teenagers in safeguarding their mental health and enhancing their overall wellbeing.

Students participating in the Luna Wellbeing Challenge will engage in a series of online and offline activities collaboratively developed with a team of medical professionals from Luna. Each challenge aims to assist young individuals in cultivating healthy habits and fostering positive attitudes toward sleep, body image, physical activity, and mental health. We believe these habits will contribute significantly to your child's ongoing growth. Here's an overview of the activities they may be tasked with during the challenge:

- **Week One (Making space for your mental health):** Start a gratitude journal and complete a short meditation/breathing exercise.
- **Week Two (Getting active):** Try a new activity such as yoga, dance classes or nature walk.
- **Week Three (Creating a sleep routine):** Create a bedtime ritual to relax and read some of Luna's articles for inspiration.
- **Week Four (Loving your body and yourself):** Using the 11 positive affirmations to use daily article, create personal affirmations and track your mood daily to observe the positive changes.

If your child is interested in participating in this challenge, they will need to download the Luna app by Monday 05 February 2024. For any inquiries or to learn more about the Luna app, please visit their website and click on the 'I'm a parent/guardian tab' at <https://weareluna.app/>.

We are confident that this challenge will positively impact your child's wellbeing. Should you have any further questions about Children's Mental Health Week, please feel free to contact me via email at trudi.bryant@theglc.org.uk

Your sincerely

Mrs T Bryant
ASSISTANT PRINCIPAL

