



01 February 2024

Dear Student

**RE: CHILDRENS MENTAL HEALTH WEEK 2024**

Children's Mental Health Week 2024 is set to begin on Monday 05 February 2024, and we are thrilled to announce The Gateway Academy's partnership with Luna. We will be introducing the Luna Wellbeing Challenge, designed to empower you to proactively care for your mental health and enhance your overall wellbeing.

Luna, available at @wearelunaapp, is a dedicated health app for teens, providing a secure platform for asking anonymous questions to medical professionals. It also offers personalised guidance on tracking mood, hormonal changes, skin health, menstrual cycles and much more.

To participate in this challenge, simply download the Luna app and complete a series of activities focused on establishing healthy habits and fostering positive attitudes toward sleep, body image, physical activity and mental health. We believe these habits will support your personal growth.

As you complete the challenges, you will accumulate Luna points within the app. These points can be redeemed for merchandise and also enter you into a draw for exciting prizes such as laptops, journals, and skincare products.

Participation in this challenge is entirely free. For more details, please refer to the following link: <https://drive.google.com/file/d/1YnpatlpVSKM3gp6OoZsa0HqVjrTKeYTQ/view>.

If you are interested in joining the challenge, make sure to download the Luna app by Monday, 05 February 2024. Luna will send you a notification once the challenge commences. For any additional inquiries regarding Children's Mental Health Week, please feel free to contact me via email at [trudi.bryant@theglc-ict.co.uk](mailto:trudi.bryant@theglc-ict.co.uk).

Your Sincerely

Mrs T Bryant  
**ASSISTANT PRINCIPAL**

