



# Heron Junior Football Club

"Mes Que Un Club" - More Than A Club

Founded 2014

**Chairman: Vincent Hall**

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7th January 2022

Dear Parents/Carers,

This week is Children's Mental Health Awareness Week which is running from the 7th February to the 13th February. Its organiser Place2Be, is a mental health awareness charity with over 25 years worth of experience educating children and parents on mental health awareness.

This year's theme is Growing Together, this is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

At Heron Junior Football Club we are fully committed to educating the children, coaches and parents/carers of our club with current issues and issues which we feel as a club are important. This is why throughout this week we will be sharing information for parents/carers and children about mental health awareness from [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk). You can check this out yourself by clicking the link above and viewing any information we share on our website and social media.

We will be sharing this information via our [website](#) and social media, so please feel free to check them out. Our website address and social media usernames can be found at the top of the letter.

Yours Sincerely,

*Heron Junior Football Club Welfare Officer*

