



**Head Teacher:** Mrs. A. Young  
**Email:** ckcaptaincook@mcschools.org.uk  
**Tel:** 01642 315254  
**Web:** www.captaincookprimary.co.uk

Captain Cook Primary School , Stokesley Road,  
Marton, Middlesbrough. TS7 8DU

10<sup>th</sup> January 2022

Dear Parent/ Carer



### **Headlight Project – Turn Blue Monday Bright**

On the 17<sup>th</sup> January, we will be taking part in the Headlight Projects campaign to 'Turn Blue Monday Bright', to help raise funds for this local charity who have provided support to children in our school.

Blue Monday as it has become known is the third Monday in January and is the day when it is said there are most absences from work, days off school and generally a day when after Christmas people may be feeling low and struggling with their mental health. The Headlight Project wants to turn this day from blue to bright (orange) and it would be a reminder to us all that when you are feeling down there are things you can do to feel better.

Founded in memory of Russ Devereux, the Headlight Project is primarily focused on providing support for families and individuals who have suffered a traumatic bereavement. They provide one to one counselling and various trauma and behaviour therapies for both adults and children. Also working with children in schools, offering one-to-one counselling and play therapy. Further details can be found on their website [www.headlightproject.org](http://www.headlightproject.org)

For a £1 donation on Monday 17<sup>th</sup> we would like children can come to school wearing something orange or bright! Donations can be made using the School Gateway online or via the app.  
(Please do not send cash payments in to school)

Yours sincerely

Mrs A Young

Head Teacher

