

Dear Parent/Guardian,

On Fri 19th September our school is taking part in zero2hero Day, a mental health awareness day. This annual event encourages students to **dress up, stand up and speak up** for youth mental health - dress up as their favourite superhero or somebody that inspires them, stand up for their own mental health and encourage their peers to do the same in a safe environment, and speak up when support is needed.

**WHAT: ZERO2HERO DAY**

**WHEN:** Fri 19th September

**TO DO:** Encourage your child to dress up, stand up and speak up by coming to school as a superhero. Remember a superhero can be ANYBODY who inspires them. Here are some dress up ideas;

- A nurse, firefighter, soldier or police person.
- A cape and a mask
- Their fave socks that make them feel super
- Their favourite sports team
- Superhero face paint
- Their favourite movie character
- Dress as someone influential in their life (a grandparent, for example)
- A colourful hair-do

We recognise mental health as being an important conversation to have with our youth. Every week in Western Australia, a person under the age of 18 suicides. With stigma often suppressing open discussion of mental health issues for young people, we want to take part in zero2hero Day to encourage the discussion of these issues in an open and safe environment.

zero2hero is a WA based youth mental health charity that is dedicated to improving the mental health and wellbeing of young people and preventing suicide in Australia. Each year they educate, engage and empower thousands of young people, to unleash the heroes of today, to become the leaders of tomorrow.

We ask that your child brings with them a gold coin donation which will go towards supporting zero2hero's mental health programs. Please also sign and return the following photo/video consent form.

We respect the role of parents/guardians as the primary educators of their own children, particularly on topics that may be deemed sensitive. We trust that with careful preparation, open dialogue, and age-appropriate teaching - we can assist parents/guardians in educating their children to make healthy and safe choices as early adolescents.

Parents/guardians with questions or concerns are encouraged to contact the classroom teacher or school admin team.

Thank you for supporting zero2hero Day!

Signed: \_\_\_\_\_



**STUDENT PHOTO/VIDEO CONSENT FORM**

I, \_\_\_\_\_ (NAME), of  
\_\_\_\_\_ (ADDRESS)

in my capacity as parent/guardian of \_\_\_\_\_ (STUDENT NAME)  
hereby:

- 1) give permission for my child to be photographed as an individual or together with other persons by representative of zero2hero® (by still or video camera).
- 2) give permission for such photographs to be used by zero2hero® for promotional use, specifically:
  - i. promotional materials including signs, posters and otherwise, for external publication in the print or electronic media.
  - ii. collation in a promotional video for external publication in the print or electronic media to promote future events such as those held at other schools.
  - iii. social media promotions.

PARENT/GUARDIAN SIGNATURE:

DATE:

Please note:

Your child can still dress up and not be photographed for Zero 2 Hero day.

**Friday 19th September 2025**



**DRESS UP!**

**STAND UP!**

**Please bring a gold coin donation  
to go towards Zero 2 Hero**

**SPEAK UP!**

**SUPPORTING YOUTH MENTAL HEALTH  
& SUICIDE PREVENTION PROGRAMS**

## **ZERO 2 Hero Update for Parents**

As you may be aware, Zero 2 Hero have been working with our students and staff during the year.

Currently a group of our year 5 students are a part of the Tough Stuff program which is funded by Chevron. They will participate in the final part of their term program, the 4km fun run on Zero 2 Hero day.

We encourage all students in the school to be a part of the day by dressing as their hero. Details are on the back of this sheet. In addition to this Year 1, 2 and 3 students will be involved in an incursion called Love Yourself on the day.

### **Events for 19th September Zero 2 Hero Day**

\*9:00- 9:30 am Year 1- Lets Talk Resilience U/cover area

9:45am to 10:45am Year 3- Lets Talk Resilience U/cover area

Recess

11:05 -12:05am Year 2 Love Yourself u/cover area

12:05 to 1:05- Year 5 tough stuff group run plus group celebration and certificates.

Lunch

1:50 to 2:50pm Year 4 Resiliency Donut

\* Tough stuff group parents are welcome to attend.

Finally those who do dress as their hero, we ask that they bring a gold coin donation which will go towards Zero 2 Hero and the programs they run.

Any queries about the day can be directed to Miss Sandhu.