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Thursday 4<sup>th</sup> October 2018

Dear Parents/Carers,

## World Mental Health Day

Next Wednesday 10<sup>th</sup> October is World Mental Health Day. As a school we feel that supporting our children emotionally is as important as their academic performance. Next week we will focus on teaching the children how to take care of their mental health as well as their physical health. Areas we will discuss will be making sure that they know what helps a person to be emotionally well i.e. getting enough sleep, eating healthily, taking exercise, drinking enough water as well as how to speak about what makes a person unhappy. We will also remind them to speak out about their feelings and where to ask for help.

To help raise the profile of how important it is to feel emotionally well and to speak up about it, we ask that on Wednesday 10<sup>th</sup> October your child wears something yellow (all shades welcomed including mustard!). This could be as simple as a pair of socks, a T-shirt, trainers, headband, a yellow rosette or of course if your child has it all yellow! We ask that normal school uniform is worn apart from the yellow part. No money donations will be needed.

If you want further support or information regarding your child's mental health and wellbeing the following websites may be useful:

<https://www.place2be.org.uk/what-we-do/parent-carer-resources/supporting-your-childs-mental-health.aspx>

<https://youngminds.org.uk/>

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>

If you would like further information, please get in touch and of course if you have any concerns regarding your children's emotional wellbeing please do share these with their teachers in the first place.

Thank you in advance for your support.

Yours faithfully,

Miss N Walker  
Deputy Headteacher

