



Tuesday 3<sup>rd</sup> October 2023



Dear Parents and carers,

As you know, we talk daily to the children about their wellbeing and feelings in school by encouraging them to use the Wellbeing check in and talk to trusted adults about how they are feeling.

Tuesday 10<sup>th</sup> October is World Mental Health Day. The aim of the day is to raise awareness of mental health and to drive positive change for everyone's wellbeing. The theme for this year's day is 'mental health is a universal human right'. To celebrate this day we would like children to wear something green with their uniform. During the day, children will be taking part in additional wellbeing activities to continue to support their awareness of their own mental health.

We hope you will join us in supporting awareness of this day and wear a green accessory too!

Kind regards,

Becky Taylor

Senior Teacher

***"Being the best that we can be..."***

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