



Midsomer Norton Primary School

'Part of the Midsomer Norton Schools Partnership'

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#BeYourself Day – Thursday 6th February 2020

Dear Parents and Carers,

Something that we feel passionate about at Midsomer Norton Primary School is the children's and their families' mental health and wellbeing. We feel that it is crucial for us and you to make time to talk about mental health with the children.

Do you think that your child would come to you if they were worried about their own or a friend's mental health? Are you sure?

Did you know that 1 in 10 young people will experience a mental health problem before the age of 16? That's an average of 3 children in an average classroom in England. And it's 1 in 4 adults too. This means that you and your child know someone with a mental health problem.

Everyone has a right to know what mental health means; that it is okay for them or other people to experience a mental health problem; and how and where we can seek help.

We have started a dialogue around mental health with the children through our circle time sessions. In order to raise the profile of Mental Health throughout the school, we would like to hold a #BeYourself Day on **Thursday 6th February 2020** where we will be carrying out a range of activities. We would like to invite the children to attend this day wearing anything that make them feel themselves. In return for wearing their own choice of clothing, we are asking every child to bring in a voluntary donation of one pound. This money will go towards funding a whole-school PSHE learning scheme which will enhance the teaching of personal, social, health and education across our school.

Part of the day will involve:

- Physical activities
- Circle time sessions
- Mindfulness activities
- Growth Mindset sessions
- Creativity
- Raising money

Please talk about the meaning of this day with your child and do not hesitate to contact us if you need any support.

Yours sincerely,

Norma Forster

