



World Mental Health Day

Friday 27th September 2024

Dear Parents & Carers,

As a school, we believe looking after your child's mental health is just as important as their learning in class. We use our weekly PSHE lessons to create opportunities to talk about our feelings. We also teach the children what mental health is and how they can look after themselves.

We will be marking this year's **World Mental Health Day, on Thursday 10th of October**, by wearing yellow. Every child is invited to wear a yellow top or something yellow of their choice alongside their usual school uniform. If parents would like to get involved, please join us in wearing yellow too!

Young Minds is an organisation that does a lot of important work to support and improve the lives of many young people. We will not be collecting donations on the day but if you wish to contribute to the Young Minds fundraising efforts, you can find more information on the link below.

<https://www.youngminds.org.uk/support-us/donate/>

Thank you for your ongoing support.

Kind regards,

Mrs Forster