

Dear Families,

We will be supporting the international campaign to raise awareness for Positive Mental Health and Emotional Wellbeing on 'World Mental Health Day' which is going to be held on Monday 10th October. To show our support and help our children to understand the importance of looking after their emotional health we will be having a special 'Time To...' session with our Mental Health Champions to provide opportunities to discuss different ways of managing our emotions and learning self-regulation techniques like yoga, breathing and mindfulness activities.

To show our appreciation and support we are encouraging everyone to wear something green as a symbol of the 'green ribbon' that is worn to represent positive mental health. Children should still wear their normal school uniform but with an element of green, for example a green top or T-shirt or even green trousers or a skirt. We hope everyone can join in and support this important campaign by wearing green.

Many Thanks for your continued support

Mrs Wood and Miss White

Associate Vice Principal / Mental Health Team