



Living Life in all its Fullness John 10:10

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6th October 2021

Dear Parents,

This Sunday 10th October is World Mental Health Day.

As a school we are keen to promote the value of pupils understanding and taking care of their mental health in the same way as they do their physical health. Children learn about ways to do this through RHSE lessons, circle times and assemblies.

One of our chosen charities is Mentally Healthy Schools working with the Anna Freud Centre who create child friendly resources that we use in school and provide training for school staff. We would therefore like to have a non-uniform day on Monday 11th October to promote World Mental Health day and raise funds for the charity.

Children should come to school in their own clothes and bring a voluntary donation to hand in to their class teacher.

Thank you for your support with this.

Kind regards,

Karen Williams

Headteacher

