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Parent Communication

Date: 7th October 2020

Subject: World Mental Health Day

Dear parents and carers

On Saturday 10th October, it is World Mental Health Day. As we know our mental health is such an important part of our wellbeing especially at this time.

To mark the occasion, we will be celebrating on Friday 9th October by taking part in lots of mindfulness, stilling and wellbeing activities and discussions at school.

We are also inviting the children and staff to wear an item of yellow (yellow socks, yellow hair band) to school that day.