



Ref:NM/MHAD/18may

Tuesday 09 May 2023

Dear Parent/Carer,

RE: Mental Health Awareness

**WEAR WHAT MAKES YOU FEEL WONDERFUL
Thursday 18th May**

As you may be aware, next week is a National Mental Health Awareness week. As part of our work with the students we are going to have a 'Wellbeing Day' where we are all going to "Wear what makes us feel Wonderful". This can be as bright, jolly, or comfortable as the student or staff feel.

As part of the day in school we are having a specially designed 'Takeaway' style menu and will be served in colourful take away style, as it coincides with a "No Washing Up Day" (something we would all like more of!). You can book this for you child through your parent pay account by FRIDAY 12th MAY at 3.00pm. If you have already booked this day prior to the special menu you will need to re book the day. If you need any help booking please contact the office.

Mental Health and Wellbeing is important to us all and this ongoing work through the PHSE curriculum helps us open discussions and communication with the students about their feelings and emotions.

We hope your child will join us in wearing something that makes them '**Feel Wonderful**' on **Thursday 18th May**.

Miss C Smith
Principal