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Dear Parents/Carers,

On Tuesday 10th October it is World Mental Health Day.

World Mental Health Day aims to raise awareness of young people's mental health and more importantly, aims to demonstrate to all young people with mental health difficulties that they are not alone.

As part of our participation, on Tuesday 10th October, we are holding a non-uniform day and we would like to encourage all pupils and staff to wear their favourite item of yellow clothing, which could be; a pair of socks, PE t-shirt, hairband or their favourite yellow costume. Anything yellow goes!!

In school, we will be holding an assembly to highlight the importance of World Mental Health Day and sharing with the children a range of activities that they can do to support their own mental wellbeing. For example, a walk in the park or listening to their favourite music. The children will also take part in a PSHE lesson linked to feelings and relationships.

In addition to this, we will be holding a competition for the children to design a wellbeing mascot for The Discovery School. The winning design will be then be made into a real life mascot.

Thank you for your continued support.

Kind regards,

Mrs Hook, Ms. Randle and Miss Baker



2020-2023

