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Friday 3<sup>rd</sup> May 2024

Dear Parent and Carers,

On Friday 17<sup>th</sup> May, The Discovery School will be celebrating 'Wear it Green Day' which is supporting the Mental Health Foundation, which promotes ways to help support our mental health and wellbeing.

As part of this day, we are asking children to **wear something green, as part of their school uniform.** This could be simply their green PE t-shirt, a pair of green socks, shoes or even a green ribbon. Please do not go out and buy anything special for this day, the children just need to wear one item of clothing that is green for the day.

On 17<sup>th</sup> May, we will be having a special assembly that will share with the children different ways that they can help to maintain good mental health. We will also be sharing with them our new online 'worry box' and also introducing them to our new therapy dog, Sam. Sam will be introduced from a distance and the children will not be handling Sam.

In class, one of the children's lessons for the day will be an activity that will help to promote their own mental wellbeing.

The Mental Health Foundation has a great website that supports both adult and children's mental health. Should you want to explore it further, the link to their website is below. Our school website also has links to other support services too.

<https://www.mentalhealth.org.uk/explore-mental-health>

<https://www.discovery.kent.sch.uk/curriculum/social-emotional-and-mental-health-and-wellbeing/>

Thank you in advance for supporting this special day.

Kind regards,

The Social, Emotional, Mental Health (SEMH) Team

(Miss Gobell, Miss Baker, Mrs Alcala, Ms. Randle, Dr Wilce-Cordner and Miss Mones)

