



Headteacher: Mrs J Simpkins
B.Ed NPQH

'A caring school where every child matters' (OFSTED)

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30th September 2019

Dear Parents,

On the 10th October its World Mental Health day and we would like to be a part of #HelloYellow and to collaborate with Mind's Big Umbrella project. On this day the children will explore what mental health, emotional wellbeing and resilience is and Mind will provide a brief focus on coping mechanisms during assembly time.

The Year 6 children will take part in Mind's workshop, which is open and friendly and will equip your child with the skills to help them talk about and deal with their emotions, as well as giving them an understanding of what resilience means and how they can build their own resilience.

At a later date, Mind may offer your child a session to talk to a trained professional to explore what is available and what might be helpful. Mind's one to one sessions are designed to support young people's understanding of their own mental health and to give them the tools to stay well. If you have any further questions please contact myself.

Yours sincerely

Miss Masani
(Well being coordinator)