

Mental Health Enrichment Day



Thursday 8th October 2020

Dear Parents and Guardians,

As you are aware the last seven months have been anything but normal. We recognise that adults and children have found the pandemic a difficult time.

Within the school we have worked closely with families and individuals to promote good mental health. During our first enrichment day of the academic year, we are participating in a range of exciting activities to ensure children have the skills to share how they feel and how to get help. It's normal to feel not normal every day and we all need help at some point in our lives.

Within classes children will participate in some of the following activities as well as many others:

- Creating mental health posters
- Designing a mental health ribbon
- Viewing mental health animations
- Circle time activities



If you need help please share your feelings. We can beat this together and below the emergency numbers are here for both children and adults to access.

Need someone to talk to?

Call Childline
for free
0800 1111

24
hours a day
7
days a week

In an emergency,
text **SHOUT**
85258

Kind regards

Mr Darby