



# School Newsletter

## World Mental Health Day



### We are celebrating World Mental Health Day 2022!

We would like to share some amazing news with our parents, carers and families. Over the next week, our children and staff will be participating in lots of different activities to show our support for World Mental Health Day.

The international symbol to show commitment and support for mental health is a green ribbon. That is why, on Monday 10th October, you will see our staff wearing green. This is to show our children and community that we support and care about their mental health. Children will also have the opportunity to have their faces painted with a green ribbon symbol.

We will be holding school assemblies to talk about the importance of physical activity, sleep and relaxation in relation to our mental health. This is in addition to lots of fun classroom activities across the school in PSHE lessons.



### Extra information

In addition to our in-school pastoral team, we also work with a number of external charities and organisations committed to supporting mental health in our community.

You can find extra support, tips and links to these organisations on our website.  
[www.parkendprimary.co.uk/emotional-well-being-mental-health](http://www.parkendprimary.co.uk/emotional-well-being-mental-health)

### Thank you

We would like to say thank you to everyone within our school community for supporting each other in an effort to ensure we all look after our own mental health and wellbeing.