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Mental Health Awareness Week 2019

Dear Parents

Over the next few days we will be championing mental health throughout the school with a range of class activities and a whole school rotation on Friday to aid well being. Each child will participate in different projects to promote self esteem, positive body image, relaxation and a greater understanding of the importance of good mental health through mindfulness and exercise.

More information about promoting positive mental health (and to download parent guides) can be found from the following websites:

<https://www.childrensmentalhealthweek.org.uk/>

<https://www.place2be.org.uk/our-story/news/children-s-mental-health-week-2019-theme-and-resources-now-available.aspx>

<https://www.mind.org.uk>

This will be a positive start to the new term and teach the children about the importance of having a healthy mind.

Yours sincerely

Mrs J Wright