



Part of
**OUR LADY
OF LOURDES**

CATHOLIC MULTI-ACADEMY TRUST

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3rd October 2023

Dear Parents and Carers,

On Tuesday 10th October 2023 we will be celebrating World Mental Health Day!!

The aim of the day is to get the children talking about mental health and help prepare them with tools to stay mentally fit!

Children are invited to attend for the day dressed in **rainbow colours**. We will wear these colours to remind us that our minds, thoughts and feelings are important and that we should not be ashamed to talk about our feelings. We will stand proudly in our rainbow colours together as a symbol of hope.

During the day the children will have the chance to take part in lessons to develop their emotional health and wellbeing as part of the RSHE curriculum (Relationship and Health Education). Some classes will take part in group meditation, outdoor learning and even emotion coaching.

We look forward to this bright and colourful day ahead!

Yours sincerely,

Mrs Hart



Healthy School

