



Part of
**OUR LADY
OF LOURDES**

CATHOLIC MULTI-ACADEMY TRUST

Blessed Robert Widmerpool Primary Catholic Voluntary Academy

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1st October 2025

Dear Parents and Carers,

We are excited to let you know that on **Friday 10th October 2025** we will be celebrating World Mental Health Day! To mark this important day, we are inviting all children to take part in a non-uniform day, by dressing in rainbow colours. During the day, children will also take part in RHE (Relationships and Health Education) lessons focused on mental health, wellbeing, and resilience.

To support this initiative, we kindly ask for a £1.00 donation from each child. All contributions will be donated to the Young Minds charity, as chosen by our Wellbeing Warriors, and will also be used to provide additional wellbeing resources for children in school.

Young Minds is a charity dedicated to improving the mental health and wellbeing of children and young people. They provide advice, support, and resources to help children cope with challenges such as anxiety, low mood, and stress. Their work ensures that children have access to the right support when they need it most. By contributing to this cause, we are helping children both in our community and beyond to feel supported and cared for.

We look forward to seeing the children embracing the rainbow and joining us in raising awareness for this vital cause.

Yours sincerely,

Mrs Hart

