



ST WENN, BODMIN, PL30 5PS
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Friday 2nd October, 2020

Dear Parents,

World Mental Health Day

As a school we believe that Mental Health and Mental Wellbeing is an important aspect of life and due to the current situation regarding Corona virus, we feel this is something we need to focus on.

World Mental Health Day is on the 10th October and Young Minds are marking this on the 9th October by wearing something **YELLOW**. We plan to join in this campaign on Friday 9th October by asking everyone to come to school wearing something Yellow and to make a donation to our fund raising.

On the day we will be looking at ways to improve our own mental health and how to use activities and strategies to help us when we feel sad, anxious or just out of sorts. Each class will have their own activities to attempt, but the important part is allowing the children to recognise and name their emotions and talk about how they feel.

Currently, we are fundraising to buy new personal indoor wet play activities to support mental wellbeing.

We look forward to seeing some silly yellow outfits!

Yours sincerely

Mrs Curtis

