

World Mental Health Day: Invitation for parents/ carers of Years 5 & 6

Thursday 26th September 2024

Dear parents/ carers

As you may be aware, **Thursday 10th October** is **World Mental Health Day**, an international day that aims to spread awareness and educate people about mental health in order to support people and remove the social stigma.

The theme across 2024 has been, '**My voice matters**'. This year's goal is about encouraging young people to have their say, and to remind them that they have the right to speak and be heard. We will also be talking to the children in school about safely using technologies and looking after their own digital wellbeing.

As a part of our World Mental Health events, Years 5 and 6 would like to invite you to join them so you can take part in their learning. There will be a number of fun, yet informative, activities laid out in the children's classrooms for you to complete with them. The session will **begin at 2:00pm in the Plaza and will then move to the classrooms until 2:45pm.**

Should you be able to attend on the afternoon of **Thursday 10th October** please arrive at the main school entrance at 1.50pm so that we can sign you in.

We look forward to seeing you there.

Kind regards,

Mrs Roberts



Inspiring the learning journey!