

WORLD  
MENTAL  
HEALTH  
DAY



Dear Parents/Carers,

We would like to tell you all about how St. Mary's plan to support wellbeing this World Mental Health Day 2021 which takes place on Sunday 10<sup>th</sup> October.

On the morning of Monday 11<sup>th</sup> October we will help the wellbeing staff deliver special assemblies based on this year's theme 'Mental Health in an Unequal World' with a focus on diversity and how we can celebrate our differences and look after our mental health.

After asking all the children about the ways they wish to celebrate this important day it has been agreed that in the afternoon each class will hold a special talent show to share their diverse talents.

We continue to work towards supporting our class mental health and wellbeing so each class will also choose their own special way to celebrate throughout the week.

We hope you will continue to talk to your child/children about the importance of looking after our mental health and wellbeing.

As a parent/carer, looking after your own wellbeing is also important please check our school webpage for ideas or use this Mind Plan to see what works for you:  
<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

Thank you for your support.

The Wellbeing Ambassadors 2021