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2nd October 2023

Dear Parents and Carers,

Next week, on Tuesday 10th October 2023, is World Mental Health day. This year's theme is 'Mental Health is a universal human right'.

We are asking your child/ren to wear something yellow. It doesn't have to be a full item of clothing, it could simply be something yellow like a sock, hairband, wristband in amongst their school uniform. The World Mental Health organisation is asking everyone to:

Stand out and show up for mental health - #helloyellow

This year, in collaboration with Mind, Young Minds and ITV 'Britain get talking', we will be recognising the day in each ASPIRE school with the help of Ant and Dec. They are asking children to complete a homework task, which helps children talk about their worries. The link is attached if you would also like to complete the task with your child/ren at home.

<https://www.itv.com/britaingettalking/pdf/ITV-BGT-homework-b&w.pdf>



We will not be asking for a donation, as this is an awareness day, where children will participate in tasks to support good mental health alongside their normal daily lessons and curriculum.

If you have any questions about the above, please do not hesitate to contact me via email to your school's office.

Kindest Regards,
Mrs Sanchez Daviu

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