



Archdiocese of Birmingham
St. Mary's Catholic Academy
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Friday, 4th October

World Mental Health Day
Thursday 10th October

Dear parents and carers,

Next Thursday (10th October), is World Mental Health Day- a globally recognised day to appreciate and raise the profile of diverse mental health. As part of this day, the whole school will take part in an assembly, followed by activities in class to raise mental health awareness and help to equip our children, with the vocabulary to express, and the tools to regulate, their own mental health.

Each class will also create, with their class, a collaborative Mental Health Pledge. To further honour the day, we are asking **all children to add something green to their uniform- the agreed colour for World Mental Health day across the globe**. This can be in the form of a ribbon, bow, socks or other appropriate additions to uniform in order to show our support and recognition of such an important day.

If you have any questions regarding the day, please do not hesitate to contact the office.

Yours Sincerely,

Mr Spencer

