


# IT'S GOOD TO BE ME



On Thursday 5<sup>th</sup> October, we are celebrating

## **'Good to be Me Day'.**

On the day, the children are invited to come to school in non-uniform.

**Wear something that makes you 'feel good to be you'.**

\*\*\*\*\*

Each year we look at how we can promote a positive healthy life-style on this day.

This year we are also focussing on hidden disabilities. As it is ADHD awareness month, we will be raising an awareness of this in a child friendly way.

*We would request a donation of £1.00, paid by ParentPay by Thursday 5th October, 2023. This will help contribute towards well-being resources/activities for the children.*

The children will be taking part in a range of activities in class.

