



On Thursday 3rd October, we are going to be celebrating 'Good to be Me Day'.

This is an event where we celebrate who we are and how we are all different. This year we are focussing on maintaining positive mental well-being to live a happy and healthy life.

On the day, the children are invited to come to school in non-uniform and wear clothes that they can wear to 'BE ACTIVE'.

The children will be taking part in a range of activities in class which highlight the Five Ways to Well-being:

- BE ACTIVE
- CONNECT
- KEEP LEARNING
- GIVE
- TAKE NOTICE

For further information on how you can maintain positive well-being as a family, visit:

www.actionforhappiness.org