

# World Mental Health Day



Friday 3<sup>rd</sup> October 2025

Dear Parents,

On Friday 10th October it is World Mental Health Day. Our Mental Health is a big part of our lives and we want to raise awareness on how important it is to look after our own Mental Health everyday.

As part of celebrating World Mental Health Day, we will be completing activities during Tutor time and raising money by taking part in a wear green non-uniform day, which can be all green or even just green socks. Please ensure that your child's outfit is appropriate for school and that hair or skin isn't dyed green.

We are asking for a voluntary donation of £1 and the proceeds will be split between the World Mental Health Foundation and Place2Be.



We look forward to seeing all of the pupils in green on Friday.  
Yours sincerely,

**Alison Ingram**  
**Assistant Head Teacher**