



6th October 2020

Dear Parent/Carer,



World Mental Health Day

World Mental Health Day is being held this year on 10th October 2020. The day is dedicated to promoting the understanding of mental health education, awareness and advocacy.

We will be supporting this cause and raising funds for the Mental Health Foundation, on Friday 9th October here in school.

Our Nishkam family are dedicating the day to looking after ourselves and each other. The day's learning will focus on positive mental health and well-being.

The theme is 'Tea and Talk', here at school the children will be having a 'Juice and Chat' day, to discuss their feelings, particularly considering any worries related to the current Coronavirus Pandemic, which of course is even more pertinent in regard to our mental health and well-being this year.

We are also going to have a dress down '**own clothes day**', (please ensure you dress your child appropriately and for the climate) with each family donating at least £1 towards the charity, please contribute online via [ParentPay](#).

I hope you will join us in promoting this day and raising as much money as we can.

Yours sincerely

Mrs J Brettle
SENDCo