



Wednesday 9/10/19

Dear Parent /Carer,

As you might have heard tomorrow is World Mental Health Day. This will be discussed this week with the children in school as part of our curriculum in order to raise their awareness of the importance of looking after their own mental health. The children will be given tips and advice as to how they can help themselves to remain resilient and positive, particularly during challenging times.

Attached to this letter is an information sheet which might be useful in helping you support your child with their mental health at home. I have also listed below some websites that offer useful advice to parents in case you need further support.

Many thanks for your support,

Mr Campen

Deputy Headteacher – Infant Department

www.actionforchildren.org.uk

www.mind.org.uk

<https://youngminds.org.uk/find-help/for-parents/>

www.place2be.org.uk

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