



Gaddesby Primary School



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Headteacher: Mr Leigh Fox

Dear Parents/ Guardians

This year's World Mental Health Day, on Saturday 10th October 2020, comes at a time when each of our lives have changed considerably, as a result of the COVID-19 pandemic. Some might say that this year's World Mental Health Day is the most important yet! Months of lockdown and many experiences of loss have impacted on each of us and prioritising mental health has never been more important.

This year's theme for World Mental Health Day is '**mental health for all.**' A short message that communicates the importance in prioritising our mental health so that we can make positive changes, during these uncertain times.

At Gaddesby Primary School we have always been open with our pupils about mental health and we teach our children that their mental health is just as important as their physical health. We do not view mental health as a stigma and instead guide pupils to learn how to be mentally healthy, through the use of our Gaddesby values, outdoor learning, mindfulness activities and PSHE lessons (to name but a few).

Amidst a pandemic, an era of uncertainty, I'm sure you can agree, our children have excelled. They have transitioned back into school, eager to learn, easily adopting our new school systems and have displayed the most wonderful resilience. They truly are a credit to us all!

We have made the decision that rather than celebrating World Mental Health Day on the 10th October, we will instead celebrate it on **Friday 16th October**. We not only want to recognise mental health, but we also want to celebrate the children completing their first half term back in education.

On **Friday 16th October** each class will be completing enrichment activities to learn about and explore positive mental health strategies. Teachers will be collaboratively planning activities with their classes, to give our young learners a sense of ownership over the day and the experiences they would like to encounter.

Please could we ask that your child comes to school on this day spreading a little joy by wearing something yellow (non-uniform) and wearing happy shoes (it is Walk to School Week after all!).

If you would like further guidance on supporting your child's mental health, the NHS have worked in partnership with lots of different agencies to create this [website](#).

Thank you for your continued support.

Best wishes,
Miss Stansfield
SEnCo

