

WORLD MENTAL HEALTH DAY

World Mental Health Day is on Thursday 10th October 2024. This year, we will be asking everyone to wear yellow to raise awareness of mental health and help to reduce stigma around a key part of our health. We all have mental health and, as with physical health, it's important we put time and effort into looking after it. As a school, we use the five ways to wellbeing to support our positive mental health.

BE ACTIVE

Being active can improve your mental wellbeing by raising your self-esteem and helping you to set goals and achieve them. It causes chemical changes in your brain which can help to positively change your mood

KEEP LEARNING

Learning new things can boost self-confidence and raise self-esteem. It can also help you to build a sense of purpose and connect with others

TAKE NOTICE

Paying more attention to the present moment, including your thoughts and feelings, your body and the world around you, can help you enjoy life more and understand yourself better. Some people call this awareness "mindfulness".

CONNECT

Connecting with others and building good relationships is important for your mental wellbeing. They help to build a sense of belonging and self-worth.

GIVE BACK

Acts of giving and kindness can improve your mental wellbeing by creating positive feelings and a sense of reward. This includes small acts of kindness and larger acts like volunteering.



On World Mental Health Day, we will be starting the day in the best possible way with 5 wellbeing zones around the school. This will take place from 8:15am until the start of the school day. Have a look at the map below to see how you and your children can take part.



Get active by taking shots at our basketball hoops on the Y3/6 playground and getting fit on our exercise equipment on the field.



Give back by fundraising for the school. We will be having sponsored hula-hopping and skipping on the Y4/5 playground. All money raised will go towards wellbeing initiatives for our children, families and staff.



Y5

SCHOOL
OFFICE

Y3

Connect with others in our downstairs hall at our 'Connection Cafe', where yummy breakfast treats and drinks will be available for free.



Learn something new on the Y3/6 playground by taking part in a Bhangra lesson or learning some football skills.



DINING HALL

RECEPTION

KS1

Take notice by focusing on the five senses in our forest area behind the Reception playground. A calming and mindful way to start the day.

