



Dear Parents and Carers,

As we approach Harvest and World Mental Health Day, we are bringing these two occasions together by encouraging our school community to think about the importance of giving and supporting others.

Giving is one of the 'Five Ways to Wellbeing'. Helping others can make a positive difference to those receiving support while also supporting our own wellbeing. We hope this collection will help our children understand the importance of kindness, generosity and empathy.

This year, we are supporting [Open Hands](#), a Leicester-based charity helping people in our local community who are experiencing hardship. If you are able to, we would be grateful for donations of the items the charity currently needs most, pictured below.



We fully understand that many families are facing financial pressures, and there is absolutely no expectation or pressure to donate. For those who are able to contribute, even a small donation can make a difference.

Please send any donations into school with your child on **Friday 9th October**. Alternatively, you can drop them off at our Connection Café in the downstairs hall, where our School Councillors will be ready to receive them.

Thank you, as always, for your continued support of our school community.

Kind regards,

Miss Milligan

Pupil and Parent Voice Lead

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WORLD MENTAL HEALTH DAY

We are celebrating World Mental Health Day on Friday 9th October 2026. 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 8:20am until the start of the school day. Have a look at the map below to see how you and your children can take part.

Give back by bringing in donations for 'Open Hands' to the downstairs hall - please read the attached letter for more information on the types of donations we would like.

Get active by learning and developing your football skills on our Year 4/5 playground.



Y5

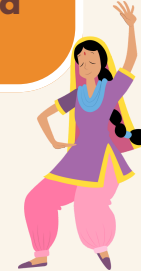
SCHOOL
OFFICE

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 Year 3/6 playground by taking part in a Bhangra lesson.



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.

