4th October 2021

Dear Parent/ Carers,

This week we are raising awareness for **World Mental Health Da**y on Sunday 10th October.

To raise awareness, we as a school have started our week off with an assembly hosted by Julie and John, the team at Headstart who support children and young people in the South Tees area to build resilience and achieve good emotional health. The staff at St. Mary's have planned activities into their week to support and raise awareness for mental health - make sure you keep a lookout on our social media channels to see what the children have been doing this week.

To end the week, we will celebrate Hello Yellow Day on **Friday 8th October. The children are invited to come into school wearing their own clothes and if they can, an item of clothing that is yellow.** This is to support anyone who is suffering with ill mental health and to show them that they are not alone. We all struggle with how we're feeling sometimes but it's the little things that make a BIG difference.

Thank you for your continued support,

Yours sincerely

Miss K. Phelps

Miss Kathryn Phelps
Assistant Headteacher

Fiat Mihi - Let it be with me

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