



Tuesday 3rd October 2023

Dear Parent/Carers,

It is **World Mental Health Day** on Tuesday 10th October.

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.

This year, we would like to extend our support to Parents and Carers and we will host our very first 'Tea and Talk' to promote 'speaking out' about our own mental health and build support networks. All Parents and Carers are welcome to come along to 'Tea and Talk' from 2:30pm in the main school hall. There will be refreshments provided as well as a drop-in service available from Jess, our Mental Health Support Team practitioner and signposting to any appropriate services you feel you may need.

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

Mrs K Mendum

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Assistant Headteacher



Fiat Mihi - Let it be with me

Executive Headteacher: Mrs A McClurey | **Head of School:** Mr N Bennett
St Mary's Catholic Primary School, Tennyson Avenue, Grangetown, Middlesbrough, TS6 7AD
Tel: 01642 455309 | Email: enquiries@stmarys.npcat.org.uk | Website: stmarys.npcat.org.uk

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