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7th October 2019

Dear Parents/Carers,

World Mental Health Day 2019 is this week; this is a day for us to unite in our efforts to improve the Mental Health of people around the world. The focus this year is 'Suicide prevention' however we will not be discussing suicide with our pupils but instead focusing on friendship's and positive relationships.

Pupils and staff are welcome to come to school on Thursday 10th October wearing something bright. Pupils and staff can wear a full bright outfit or it can be as simple as wearing bright socks.

We will not be taking donations but instead would like to raise awareness, Ideas on how to raise awareness are:

- If you are struggling, take 40 seconds to kick-start a conversation with someone you trust about how you are feeling.
- If you know someone who is struggling, take 40 seconds to start a conversation and ask them how they are doing.
- In classes, we will be discussing the importance of being kind to one another and building positive relationships.

If you would like any further information, please access this link:
https://www.who.int/docs/default-source/mental-health/suicide/flyer-40seconds-web.pdf?sfvrsn=5ba643c_2

Kind regards

Paula Wilson

HLTA
Breakspeare School