

Thursday 14th September 2023

Mental Health Awareness Day!

Dear Parents/carers,

On **Tuesday 10th October** we will be celebrating **Mental Health Awareness Day** for the second year running.

Please remember that your child can come to school in non-school uniform in exchange for a donation, this can be a monetary donation or something from the resource list below. As we are revamping our lunch play, we need resources to support the inclusive play approach which supports positive mental health and wellbeing opportunities. The colour theme this year is **yellow**, so children may want to dress in this colour or not!

As the children will be taking part in a variety of activities which help to support mindfulness and wellbeing, please ensure they are dressed appropriately e.g. appropriate footwear.

We will be offering a **'Tea and Talk'** session for parents at **2.15pm**. Please come along and enjoy some tea and biscuits and a friendly welcome from our Inclusion team.

Donation ideas (used or new)...

Chunky chalks
 Sand toys
 Garden spades (adult size)/trowels
 Bubbles
 Old suitcases
 Wheelbarrows
 Pushchairs/prams
 Dressing up clothes
 Guttering
 Old boat
 Paddleboard
 Surfboard
 Kayak
 Pencils

Felt tips
 Colouring books
 Skipping ropes
 Hula hoops
 Pogo sticks
 Stilts
 Balance boards
 Tennis rackets
 Tennis balls
 Rounders bat
 Cricket bat
 Swing ball
 Basket balls
 Footballs
 Water toys

Plastic jugs
 Duplo
 Plastic small world toys
 Plastic storage boxes with lids
 Musical instruments
 Paintbrushes
 Badminton rackets and shuttlecocks
 Scooters
 Old flowerpots
 Toy cars/trains
 scoops

Kind Regards

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