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@DanemillPrimary



**Danemill**  
**Primary School**

*Only the best is good enough.*

Miss T Lawrence  
Headteacher

Mrs J Hickinbottom  
Deputy Headteacher

23<sup>rd</sup> September 2019

Dear Parents and Carers

On Thursday 10<sup>th</sup> October, we will be celebrating World Mental Health Day. Our school is taking part in the Young Minds #HelloYellow campaign which aims to raise awareness and show young people that they are not alone when dealing with mental health. The children are being invited to **wear something yellow** on the day to celebrate looking after our mental health. This could be any item of yellow clothing or a yellow accessory.

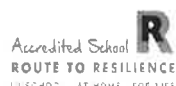
To raise awareness, the children will be having themed lessons on mindfulness and activities focused on improving their wellbeing. Some classes will even have the opportunity to take part in workshops related to yoga and meditation. We will be encouraging all of the children to think how they can look after their mental health.

You could also do something positive at home to promote your child's wellbeing. Positive activities may include, being active, cooking, art or gardening are just a few examples. If you would like to tweet us with photographs of activities, then please tweet @Danemill Primary.

Thank you for your continued support,

Yours sincerely

Miss Jones  
EYFS Teacher



National Support School  
designated by

