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@DanemillPrimary



**Danemill**  
**Primary School**

*Only the best is good enough.*

Mrs D White  
Executive Head Teacher

Miss T Lawrence  
Head of School

Mrs J Hickinbottom  
Deputy Head Teacher

Dear Parents and Carers

Friday 29<sup>th</sup> September

On **Tuesday 10<sup>th</sup> October**, it is World Mental Health Day. Our school is taking part in this campaign to raise awareness and show young people that they are not alone with their mental health. Pupils can **wear something yellow** and share mental health messages to spread the word that, whatever you're going through, you can talk to someone if you're struggling to cope.

We will also be launching a competition in support of Mental Health Day. The winner will be announced in assembly on the day, and will receive a prize. We would like children to have a go at designing a poster to raise awareness of mental health issues. The poster needs to be A4 in size and can be as creative as possible! Visit the website [www.youngminds.org.uk](http://www.youngminds.org.uk) for more information on the campaign.

On the day, children will also have the chance to take part in a Dance-a-thon in the playground at lunchtime. We are also encouraging them to do something positive to look after their mental health and wellbeing. We would love it if you could take a photograph and tweet it @DanemillPrimary. Think of positive activities such as gardening, baking, walking or art.

Thank you in anticipation of your support,

Mrs L McIntosh and Miss E Hainsworth

