

*ST MARY'S R.C.
PRIMARY & NURSERY
SCHOOL*

*Headteacher
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Wednesday 2nd February 2022

Dear Parents/Carers,

I hope this letter finds you well and keeping safe.

As you know, the mental health of our children is very important to us at St. Mary's. With this in mind, today we are celebrating Children's Mental Health Day. The theme of the day is 'Growing Together.' We will be encouraging the children (and the adults!) to consider how they have grown, and how they can help others to grow too.

We have lots of lovely activities lined up for the children to enhance their wellbeing, such as mindfulness sessions, planting seeds and artwork. They'll also be trying some yoga over the course of the week too!

I have provided this link to a useful website, Place2Be, which contains more information and resources for parents and carers:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

We are sure that it will be a fabulous day!

Yours sincerely,
Mr. McGrail



**DIOCESE OF SALFORD AND
METROPOLITAN BOROUGH OF ROCHDALE
EDUCATION COMMITTEE**