



7th October 2022

On Monday 10th October it is World Mental Health Day. All children must come to school wearing their PE kit. Each class will participate in a half hour PE session (movement is good for our brains and bodies), followed with a 10 minute relaxation session.

The Pastoral Team, Mrs O'Hara, Miss Metcalfe, Mrs Bolton, Mrs Trickett and Miss Mellor will be sharing a special book with all the children called **'Have You Filled a Bucket Today' ?** This book encourages positive behaviour, kindness, appreciation and love.

Children may bring a donation of £1 to school, which will then be used to purchase resources for the Pastoral Team to use in supporting children's mental health and wellbeing in school.

Mrs O'Hara
Safeguarding and Pastoral

