

Colmers Farm Primary School

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10th May 2024

Dear Parents / Carers,

Mental Health Awareness Week

Next week is Mental Health Awareness Week but as a MAT we will be raising awareness during the week of 20th May 2024 instead.

To raise awareness, we will be carrying out the following activities during the week:

- Our Pupil Parliament will be putting on an assembly to share the 5 ways to wellbeing and activities over the week;
- A daily wake up, shake up to get the children moving in each year group;
- Spotting kindness – if your child is spotted being kind, they will be given a kindness sticker;
- Pay it forward – children can record on a post it note when they spot kindness – this can be in school and outside of school. We will gather and create a kindness shoutout board;
- On Friday, we are asking children to bring a food donation to donate to the B31 Food Bank.

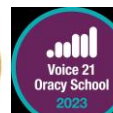
Thank you for your continued support.

Yours sincerely,

Mr Williams
Head Teacher



Artsmark
Silver Award
Awarded by Arts
Council England



SCHOOL
MEMBER