

Colmers Farm Primary School

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9th October 2026

Dear Parents / Carers,

World Mental Health Day – Well-being Tree

We are celebrating World Mental Health Day in school on Friday 9th October and as part of this we will be creating a whole school Well-being Tree.

We would like to invite parents and children to get involved with this project together by writing **in black pen** on this leaf pictured one thing that you are grateful for. Research shows that gratitude can increase happiness, well-being and even overall health by helping to decrease feelings of anxiety, depression, and anger.

Please return your leaf to school no later than Friday 23rd October and they will be cut out and placed on our well-being tree.

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.

Thank you for your continued support in helping us educate our children about important causes and making a positive difference.

If you have any queries, please feel free to contact the school office on 0121 716 0444 or email enquiry@colmersfarm.excelsiormat.org

Yours sincerely,

Miss Kent
Year 2 Teacher and PD Lead

