



Spalding Parish Church of England Day School

9th October 2023

Dear Parent/Carer,

World Mental Health Day

At Spalding Parish, we are committed to supporting the emotional health and wellbeing of our pupils and staff. On Tuesday 10th October, we will be celebrating 'World Mental Health Day' as a school community. Throughout the day, the children will be talking about the importance of looking after their mental health and discussing strategies to support themselves and others.

We invite your child to wear something that makes them happy to school on Tuesday 10th October. This could be their favourite party clothes, pyjamas, their most well-loved and worn slouching jogging bottoms, a comfy jumper, their favourite football kit or even just a pair of trainers.

It is important children are dressed suitably for the weather and playground environment. We look forward to welcoming the children tomorrow in something that makes them happy – we know that all the children will already have items that are of great comfort to them that they can wear. There is no donation for this – it is purely an opportunity to share joyful items! We look forward to seeing what you all come up with.

Thank you for your continued support.

Yours sincerely,

Charlotte Hardy
Assistant Head Teacher/SENCo

