



Archdiocese of Birmingham
Our Lady of Grace Catholic Academy
Principal: Mrs S Rathbone, BA (Hons) NPQH
Woodland Street, Biddulph, Stoke-on-Trent, Staffordshire, ST8 6LW
Tel: 01782 512644
E-mail: office@olognewman.co.uk
Website: <http://www.ourladyofgraceacademy.co.uk>

Friday 2nd October

World Mental Health Day

Friday 9th October

Dear Parents and Guardians,

Saturday 10th October is World Mental Health Day- a globally recognised day to appreciate and raise the profile of diverse mental health. We will take part in this event in school on Friday 9th October. As part of this day, children will take part in activities in class to raise mental health awareness and help to equip our children, with the vocabulary to express, and the tools to regulate, their own mental health.

Each class will also create a collaborative Mental Health Pledge. To further honour the day, we are asking all children to add something green to their uniform- the agreed colour for World Mental Health Day across the globe. This can be in the form of a ribbon, bow, socks or other appropriate additions to uniform to show our support and recognition of such an important day.

If you have any questions regarding the day, please do not hesitate to contact the office.

Kind regards,

Mrs Statham
Head of School