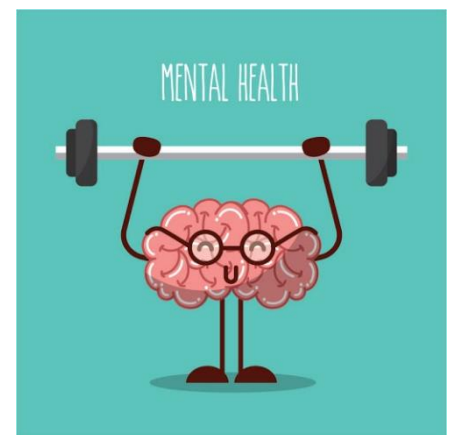


Dear Parents and Carers,

On **Friday 25th September** we will be holding our first Spotlight Day of the year. This will be based around mental health and promoting mindfulness. Children will be participating in varying activities throughout the day to help them to understand why our mental health is important and what they can do to help look after it. We will also be holding a non-uniform day, raising money for the charity Scope which is the disability equality charity. They are continually campaigning for a fairer society and offer support and practical information for many people across England. If you are able to make a donation, no matter how small, this would be greatly appreciated.



SCOPE = Equality for disabled people