

Dear Parent/ Carer,

On **Friday 1st October** we will be holding our first Spotlight Day of the year- Healthy mind means healthy you. This will be based around positive mental health.



The day will include children learning how to look after their own mental health including mindfulness, strategies to keep the brain active and the link between physical health and mental health.

We will also be asking the children to come in **non uniform at the cost of 50p** to help us to raise money for the **mental health charity 'Mind'**.

Thank you

Miss Gordon.