

Dear Parents and Carers

On **Thursday 13th October** we will be holding our first Spotlight Day of the year which will be based around wellbeing and mental health. Children will be accessing a variety of activities in class and we also have some guest speakers in school this week to talk to the children about managing their emotions.



As part of the Spotlight Day we asking children and staff to come into school wearing non-uniform but inside out as we want to promote that we should look after ourselves on the inside and the outside. There is no charge for this it is just for fun!

Miss Gordon