



**Archdiocese of Birmingham**  
**Our Lady of Grace Catholic Academy**  
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Friday 4<sup>th</sup> October 2024

**World Mental Health Day - Thursday 10<sup>th</sup> October**

Dear Parents/Carers,

Next Thursday, 10<sup>th</sup> October, is World Mental Health Day- a globally recognised day to appreciate and raise the profile of diverse mental health. As part of this day, the whole school will take part in an assembly, followed by 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, with their class, 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 in order 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.

Yours Sincerely,

Mrs Davis  
Head of School

If you require this information in any other format, please contact the school office.

