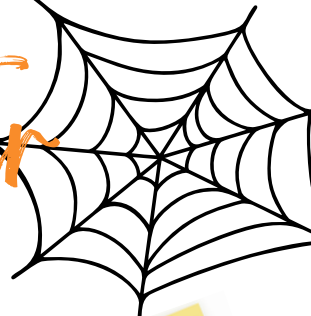




World Mental Health Day

Our school will be taking part in "Hello Yellow" on Friday 10th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

We'll be taking part by having a mufti day and finding something yellow, to wear loud and proud!

To donate,
please click
here →

YOUNGMINDS

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children.

This includes:

- Online Resources
- A phone line, open 9.30am-4pm
0808 802 5544
- An online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health

Click on the happiness calendar for October's edition!



Laura Gradidge
Family Wellbeing Coordinator
01794 322201 L.gradidge@UWINAT.co.uk

Key Dates

Black history month
International Walk to school month
6th - World Smile Day
10th - World Mental Health Day



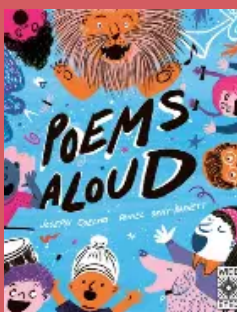
Black History Month

The theme for Black History Month UK 2025 is "Standing Firm in Power and Pride," a powerful tribute to the resilience, strength, and unwavering commitment to progress that defines the Black community across the globe. This year, the theme highlights the profound contributions made by Black people be they leaders, activists, or pioneers who have shaped history, while also looking towards a future of continued empowerment, unity, and growth.

If you would like to discover more about black history, you will find a full listing of events and exhibitions taking place across the UK on the official Black History Month website.
www.blackhistorymonth.org.uk

Recommended Read

Thursday 2nd October is National Poetry Day and Poems Aloud is a wonderfully



illustrated collection of poems to be read out loud. The book covers a wide range of moods, subjects and rhythms, showing the fun and joy of poetry. A lovely first book of verse.