



# Mapledown School



Working and Learning Together



3<sup>rd</sup> October 2023

Dear Families,

**Every year we celebrate World Mental Health Day on October 10th. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.**

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

To coincide with World Mental Health day, we are proposing a **non-uniform day on 11th October**. The charity "Young Mind" is promoting communication and sharing how young people feel with their "#helloyellow" event, asking schools and organisations to promote talking about mental health, and coming together to wear yellow on World Mental Health day. Therefore we are proposing that children come dressed with yellow items on **11th October** (top, socks, hair clips, scarf, anything you have at home, please don't feel you have to buy anything!).

As advocated by the World Foundation of mental health, World mental health day is a chance to **talk about mental health**, how we need to look after it, and how important it is to get help if we are struggling. Therefore we would like to take this opportunity to promote wellbeing and talking through **the coffee morning taking place on October 11th** as a chance to come together with friends, families, school staff and of course your children, on this World Mental Health Day, by holding a **Tea & Talk!**

We will therefore host the **Tea & Talk** on the main site but also at Copthall. **If your child attends Copthall, please join the team at Copthall, NW7 2EP, from 10:00 for tea, coffee and cake.**

**We will also provide refreshments and cakes at the main site, also from 10:00.** If you would like to contribute to the tea & talk, we would be very grateful for any cakes or fruit donations.

We look forward to seeing you for our **Tea & Talk** and to see the whole school come together through **the non-uniform day on 11th October**.

Take care and best wishes,

Sandra Chaaya  
Headteacher

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