



Beeston Primary School

Town Street, Leeds, LS11 8PN

“Engage, Enjoy, Enrich, Excel”



1st October 2021

Dear Parent and Carers,

World Mental Health Day is an international day that aims to spread awareness and educate people about mental health. This year's theme is “Mental Health in an unequal world”.

The Covid-19 pandemic has shone a light on the inequalities we face both in our own communities and globally. World Mental Health Day is a good way to take stock of the situation and for people to try (even in just a small way) to help change the stigma around mental health.

On Friday 8th October, in celebration and to support our local NHS mental health charity, we are inviting all pupils to take part in a rainbow non-uniform day.

For a suggested donation of £1, children can attend school in rainbow colours. This could be anything from a rainbow bow tie, rainbow socks or even rainbow hair, in fact anything rainbow coloured, the brighter the better!

All monies raised will be donated to support children and young people's NHS mental health services.

During the school day the children will also take part in fun activities linked to supporting emotional well-being. We will be learning about the importance of talking about how we are feeling and how we can take care of one another.

Thank you for your continued support.

Yours sincerely

Mrs S Knowles
Pastoral Leader

Headteacher- Mr. N. Edensor

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