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World Mental Health Day 10th October 2019

This week in school children will be completing work on and raising awareness of Mental Health. The charity YoungMinds is calling on schools across the country to take part in #HelloYellow on World Mental Health Day (10th October) to show young people they're not alone with their mental health.

Research shows that:

- Roughly three children in every school class have a diagnosable mental health condition
 - A staggering 90% of school leaders have reported an increase in the number of students experiencing anxiety, stress or depression over the last five years
 - The number of children and young people who have arrived at A&E with a psychiatric condition has more than doubled since 2010
- YoungMinds is a charity partner of Heads Together, the campaign spearheaded by the Duke and Duchess of Cambridge and Prince Harry to end the stigma around mental health. The charity also recently launched its Wise Up campaign, which calls on the government to rebalance the education system to make the wellbeing of students more of a priority in schools. For more information see their website



<http://www.youngminds.org.uk/helloyellow>

In school we will be:

- Having a whole school assembly to raise awareness and promote the Wirral CAMHS campaign to 'Just Ask'
- Mrs Dennett and class teachers will be delivering age appropriate sessions in classes
- On World Mental Health Day (Thursday 10th) children can bring in money to get something yellow-face paint, nail varnish, cakes, ribbons for a cost of 50p or add a splash of yellow to their uniform that day
- On Thursday morning, parents/ carers and family members are invited to join us for coffee, cake and we will be sharing information and signposting for support with Mental Health, we would love to see as many of you there as possible. Please come to the Family Centre for 9.15am to join us.
- Every child will create a positive message for Mental Health to complete whole school Positivi-Tree
- **With regards to Explorers and Nursery. Our little ones will be having fun decorating a smiley faced biscuit and can also wear something yellow, again for a donation of 50p.**

We will be updating our Twitter, Facebook and School Website with information, so keep a look out for updates.

Many thanks for your support

Mrs Morris