



Wisdom Service Hope

St Mary's and St John's CE School

"With God, all things are possible" (Matthew 19:26)

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Principal: Martin Serrão BA, MEd (Camb)

30th September 2019

World Mental Health Day 10th October 2019

Dear Parent/Carer,

Good mental health is fundamental to be able to thrive in life, and at SMSJ we recognise the importance of mental health awareness.

We are happy to be celebrating World Mental Health Day on **10th October 2019** by raising funds for the Mental Health Foundation and would love for you and your families to get involved.

Reception to Year 4 pupils can bring £1 and wear something yellow.

Year 5 - Year 12 pupils can purchase a green pin for £1.50.

Parents/Carers please come to our **Tea & Talk** session on 10th October at 9.15am at Bennett House Campus, where we will be joined by Katerina, our Emotional Wellbeing Practitioner.

Thank you for your support.

Yours sincerely,

Ms A Castagno
School Counsellor