

**Thursday 10<sup>th</sup> October 2019 – World Mental Health Day**

Dear Parents/Carers

As you are already aware, we will be supporting YoungMinds #HellowYellow campaign this year. Children will come to school dressed in yellow and the donation will be given to the YoungMinds organisation who raise funds and show young people that they're not alone with their mental health.

To coincide with this event, Year 5/6 children will take part in an interactive workshop with the Malachi organisation. Chadsmead staff will be present during the workshops.

Malachi are a not for profit, therapeutic family support organisation, working across the Midlands and Staffordshire. They support parents/carers, young people and professionals through a range of counselling based therapeutic interventions to create lasting change. Through a range of services in school, home and the community they help families see a better future, believe it is attainable, and choose to make it happen. Further information of the support they can offer is available on their website <https://www.malachi.org.uk>

The 1-hour workshop for each class involves games, discussions and role play. They intend to help the children to:

- Process and understand the feelings they experience
- Signpost who they can talk to in relation to mental health
- Give tips and strategies to help manage emotions.

During the afternoon, all the children will come together to prepare an assembly where they will present their work. It is expected to be 30 minutes and will begin at 2.30pm. This assembly will be for other children in the school and you are also invited. Please complete the form at the bottom of the page and return to school.

Yours sincerely

Mrs G Grainger

Headteacher

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I can attend the assembly on Thursday 10<sup>th</sup> October at 2.30pm

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I cannot attend the assembly on Thursday 10<sup>th</sup> October at 2.30pm

Child's name: .....

Signed:..... Print: .....