



ST MARY'S CATHOLIC PRIMARY SCHOOL

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Monday 28th April 2025

Dear Parents and Carers,

We are writing to let you know that St. Mary's Catholic Primary School is taking part in the **Mental Health Foundation Mental Health Week 12th-18th May 2025**.

The theme for Mental Health Awareness Week in 2024 is 'Community', and we want to use Mental Health Awareness Week to celebrate the power and importance of community. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.

As part of the week the school will be running a range of activities including regular active breaks, mental health awareness lessons and holding a **'Wear it Green'** day. Your child is invited to wear green to school on **Friday 16th May 2025**.

In addition to this we have arranged for **'Lucia's Tiny Farm' to visit our school**. This is a wonderful opportunity for the children to spend time with a variety of small animals and connect with others from our local community. Spending time with animals can significantly improve mental health by reducing stress and anxiety and improve mood. **If you would rather your child did not handle any of the animals then please email Mrs Concannon on: head@stmarys-pri.northants-ecl.gov.uk** The session will take place on Monday 19th May 2025.

The green ribbon is the international symbol of mental health awareness and green ribbon badges will be on sale in school from Monday 12th May. By purchasing a **green ribbon badge for £1** or by **going green for the day on Friday 16th May**, it opens up the conversation about mental health.

Whether your child chooses to go all out and dress in green from head to toe, or simply wear a green ribbon to show solidarity with people experiencing poor mental health, they will be raising awareness and helping achieve good mental health for all

Here is the Mental Health Foundation donation page where you make a donation if you wish:
<https://www.mentalhealth.org.uk/get-involved/ways-donate/donate-mental-health-foundation>

Together, we can create a brighter future.

Kind Regards

Denise Morgan
SEND CO
Senior Teacher
Mental Health Lead
Mental Health First Aider



SUPPORTING
CONNECTING
INFLUENCING