

May 2025



Wow!

Mental Health Awareness Week 12th -18th May 2025

This term, St. Mary's Catholic Primary School supported the Mental Health Foundation by raising awareness of Children's Mental Health. The children took part in a range of activities across the week including:

- **Green ribbon badges-** The green ribbon is an international symbol of mental health awareness. The head boys and girl did a fantastic job at selling green ribbon badges throughout the week which helped open up the conversation about mental health. Thank you for your support with donations.
- **Dress Green day-** Children and staff wore green for the day to help raise awareness for mental health. Thank you to everyone who donated.
- **Lucia's Tiny Farm-** The children had the opportunity 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. Some children have even gone home and talked to their parents about owning their own pet as a result of this workshop!



Mental Health Awareness Fundraising Updates

Autumn term 2024- Young Minds £71.15

Spring Term 2025- Place2Be £48.00

Summer Term 2025- Mental Health Foundation £87.08

Please use this link to donate to the Mental Health Foundation:

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/donate>

