

October 2025



Wow!



Mental Health Awareness Week

Monday 6th - Friday 10th October 2025

We can all struggle with how we're feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this. This term, we supported the #HelloYellow campaign to raise funds for YoungMinds by wearing yellow on Thursday 9th October 2025.

As part of our Mental Health Awareness week, the Mental Health Support Team (MHST) delivered a school assembly where they introduced themselves and talked about ways in which they can support children, their families and the school.

During the week, children experienced a wide range of relaxation and movement breaks, recognising that it's important for us all to stop, take a break and take care of ourselves.



Thank you for supporting the #HelloYellow campaign by wearing Yellow to raise funds for YoungMinds, YOU helped us raise a total of: £47.80

Please use the link below if you wish to make any further donations directly to **YoungMinds**

<https://www.youngminds.org.uk/support-us/donate/>



Thank you!

Money from the fidget sales is going towards wellbeing resources for our school

We raised: £74.14



Using a stress ball can help relieve stress and tension by providing a physical outlet for nervous energy and promoting relaxation through repetitive squeezing and releasing motions. Additional benefits include strengthening hand and wrist muscles, improving blood circulation, and enhancing focus by providing a tactile distraction.