



ST MARY'S CATHOLIC PRIMARY SCHOOL

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**MENTAL
HEALTH
AWARENESS
WEEK**
11-17 MAY 2026



Wednesday 22nd April 2026

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 11th-15th May 2026**.

The theme for Mental Health Awareness Week this year is 'Action' because, while awareness is vital, real change comes when we take action too. For yourself – 'My action for my mental health' For someone else - 'My action to support others' mental health' For all of us – 'Our action to support our friends and school community' and 'The action the government should take to support our mental health'.

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 15th May 2026**.

In school we are **taking action for all** by raising money to purchase new playground equipment. There will be 3D printed animals on sale from Monday 11th May 2026 for all children to purchase. **Each item costs £1**.

The green ribbon is the international symbol of mental health awareness and green ribbon badges will be on sale in school from Monday 11th May. By purchasing a **green ribbon badge for £1** or by **going green for the day on Friday 15th May**, it opens up the conversation about mental health. All money raised from the sale of the green ribbon badges will be **donated to the Mental Health Foundation**.

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.

Help us transform lives

It's only by acting together that everyone can have good mental health. Your donation will fund research, campaigns and effective solutions to support and protect our mental health. **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
SENDCO
Senior Teacher
Mental Health Lead
Mental Health First Aider



SUPPORTING
CONNECTING
INFLUENCING