

02.10.23



Dear Parents/Carers,

At Excalibur, we are committed to nurturing the well-being of our children. Next Tuesday October 10th is recognised as World Mental Health Day - a day dedicated to raising awareness about mental health issues and showing support for those who may be facing challenges. This year, we are joining this meaningful initiative. In classes, our teachers will be talking to your children about mental health and planning some activities designed to foster understanding, empathy and awareness.

Our goal is to create a caring and inclusive school environment where everyone feels valued and supported. By participating in World Mental Health Day, we can contribute to a more compassionate and understanding community. To support at home, we encourage you to have a conversation with your child about this day and its importance.

If you ever have concerns about your child's mental health and well-being, please do not hesitate to reach out to us. We may be able to offer further support in school with children who may need a little more targeted intervention or we can sign post you to services that could help. You can also visit our Mental Health and Well-being page on our school website:

<http://www.excalibur.cheshire.sch.uk/page/mental-health-and-wellbeing/130459>

As always, thank you for your support.

Yours sincerely

Miss McArdle

(Mental Health Lead)