## OXHEY FIRST SCHOOL

## A HAPPY PLACE TO LEARN AND GROW

Excellence, Teamwork, Equality, Respect





Oxhey First School Pennine Way, Biddulph Staffordshire ST8 7EB Head teacher: Mrs L Jukes Telephone 01782 513000 E mail office@oxhey.staffs.sch.uk www.oxheyfirstschool.com

3.10.23

Dear Parents/Carers,

During the week commencing 9<sup>th</sup> October we will be celebrating World Mental Health Day in school. The theme we will be following is 'Positivity Rocks', focusing on strategies to be positive, in order to promote improved emotional well-being. As part of this, we are inviting the school community to decorate a rock or large pebble with a positive message and bring it into school throughout the week. We will then place them around the school grounds. Some examples of designs and messages can be found on the reverse of this letter.

On Tuesday 10<sup>th</sup> October, to mark the official World Mental Health Day, we are inviting pupils to wear a yellow accessory (hair band, ribbon, t-shirt, pair of socks etc) along with their school uniform, to link in with the mental health charity, Young Minds' 'HelloYellow' campaign.



Our Trailblazer Emotional Mental Health Practitoner, Kathryn Howden, will be delivering an assembly to the children on Thursday 12<sup>th</sup> October and will be offering a parent drop-in from 9:45am-12:00pm in school. Pupils will also be engaging in classroom-based activities that link into the 'Positivity Rocks' theme throughout the week. Look out for photographs on next week's newsletter and on Twitter!

We hope your child will enjoy taking part in World Mental Health Week activities and open discussions with you on positivity.

Best wishes,

Mrs Holt Inclusion Lead/SENCO







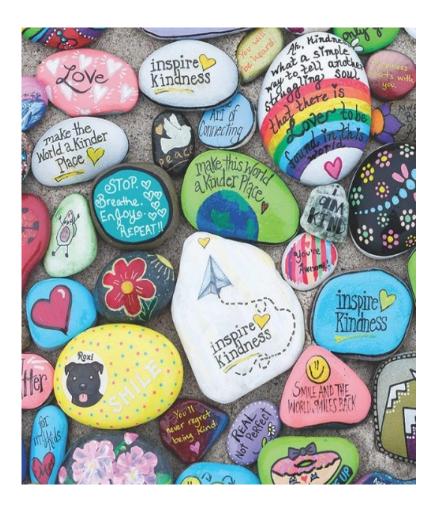


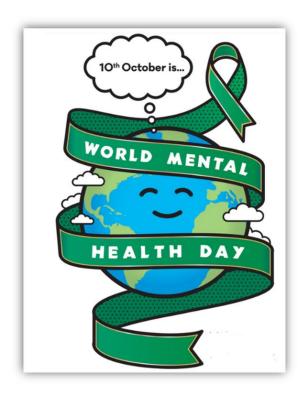












You matter

Have a nice day

Trust the process

You rock

Be kind

You are loved

Not all who wander are lost

Chase your dreams

Be the change

The world needs you

Here comes the sun

Kindness wins

You are not alone

Inspire Kindness

Ве Нарру

Don't give up

Have hope

Intention over attention

Inspire others

Today is a gift

Keep it kind

Spread kindness

You're beautiful

You can do it

Spring into action

Be a rainbow in someone else's day

Love yourself

Kindness matters















