

OXHEY FIRST SCHOOL
A HAPPY PLACE TO LEARN AND GROW
Excellence, Teamwork, Equality, Respect



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3.10.23

Dear Parents/Carers,

During the week commencing 9th 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 10th 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 Practitioner, Kathryn Howden, will be delivering an assembly to the children on Thursday 12th 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
 Be Happy
 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

