



Dear Parents,

Wellbeing Day – Thursday 10th October 2019

On Thursday 10th October we will be having a wellbeing day and will be looking at our own mental health - different emotions, how they make us feel, different ways to regulate our emotions and who we can talk to for help if it is needed.

We would love it if children could come in to school **wearing yellow**, or if you do not have yellow, a bright and cheerful colour such as orange, pink or light blue. As part of the day will involve some relaxation techniques similar to Yoga, comfortable trousers (of any colour) would be useful.

Lots of the activities we will be doing are supported by the Young Minds charity, and as such, we are asking for a £1 donation on the day, which will be sent off and help children around the country who struggle with mental health issues.

Many thanks for your support on this day, we will share some of our work in assembly the following day. You are welcome to come along to the assembly and see what has been done.

Yours sincerely,

Claire Branscombe
Inclusion Manager



Mill Hill Primary School
Mill Road, Waterlooville, Hampshire PO7 7DB

Telephone 023 9225 6955
Fax 023 9226 4614
Email enquiries@millhill.hants.sch.uk
Online www.millhillprimary.co.uk