



St Paul's Church of England Primary School

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Headteacher: Elizabeth Vautier-Thomas BA Ed (Hons)

Wednesday 1st October 2025

Dear Parents and Carers,

World Mental Health Day – Friday 10th October

World Mental Health Day takes place each year on 10th October and serves as an important reminder of the value of looking after our mental health and wellbeing.

To help raise awareness and show our support, we would like to invite all pupils and staff to **wear something yellow over the top of their school uniform on Friday 10th October**. This small gesture is a powerful way to show that we care and are committed to supporting mental health for everyone.

Throughout the week, children will also take part in a range of fun and engaging activities designed to promote positive mental health. We will be holding an assembly to help children understand the importance of looking after their mental wellbeing, as well as the wellbeing of those around them.

Thank you for your continued support. We look forward to a meaningful and positive week.

Kind regards,

Jane Millington-Jones
Pastoral Lead



