



Tuesday 1st October 2025

Dear Families,

World Mental Health Day

Friday October 10th is **World Mental Health Day**, and this year, we will be marking the occasion in a number of ways, which we hope the whole school community will be able to support and enjoy.

- Children may come to school wearing some yellow added to their normal school uniform, i.e. yellow socks, yellow hair scrunchie, a yellow t-shirt.
- School will also be giving all children a yellow wristband to highlight our participation in the day.
- In class, teachers will talk to children about how to maintain positive mental health, and explore Active Strategies to help develop self-regulation and emotional wellbeing.
- There will be pocket hugs to find around the school grounds throughout the day - who will find them?
- We will be holding a 'COFFEE, CAKE & CHAT' morning for all parents and carers, where staff will be on hand to talk about what we offer in school to support mental health and wellbeing, and to signpost families, if needed, to local and national groups and agencies that may be of support and help across a wide range of subjects. Alternatively, it can just be a great opportunity to pop in and have a chat with other parents and have cake!
- Amanda Leigh from the [CWAC Navigator Service](#) will be attending the 'Coffee, Cake and Chat' and will be available for anyone who would like to talk with her.
- We will be accepting donations for the Charity [Young Minds](#). Young Minds is the UK's leading charity fighting for a world where no young person feels alone with their mental health. They provide young people with the tools to look after their mental health and empower adults to be the best support they can be to the young people in their lives. If you would like to donate, children can pass this on to their class teacher.
- We will close our school day in an assembly, sharing some of the things we have discovered.

COFFEE, CAKE & CHAT will run from 8.50am to 9.45am. Please drop your children off at school as normal then enter school via the school office. Cake donations on the day will be warmly received, thank you.

We hope you will be able to join us to celebrate World Mental Health Day and remember, 'IT'S GOOD TO TALK'.

Kind Regards
Mrs Jo Flower
(Senior Mental Health Lead)

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