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Head Teacher: Mrs K Trethewy
Deputy Head: Miss E Anderson
Assistant Head: Mrs P Jeremaes
Assistant Head: Mrs N Oxe

Monday 3rd October

Dear Parents and Carers,

World Mental Health Day – Monday 10th October



Next Monday is World Mental Health Day and at Thorpe we will be marking the event with discussions and activities in class. At the end of the day, our whole class assembly will also focus on this special day.

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is 'Make mental health and wellbeing for all a global priority'. The Day gives us a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. This also forms part of our PSHE curriculum which is taught weekly and the pastoral support that we offer children daily.

As part of our commitment to supporting our children and families at Thorpe Primary School we are now working closely with the NHS Mental Health Support Teams who can offer behaviour and anxiety support with parents directly. I have attached more information if you are interested in this support: please speak to myself or Mrs. Mastrocristino, our Pastoral Support for more information. There is also further support on our website in the parent section under Health and Wellbeing.

Please take the time next Monday to discuss the day with your child/children and what activities they have focused on during the day. We know that talking and spending time with family and friends are important elements for all of us to maintain a healthy mental wellbeing.

Yours sincerely,

P. Jeremaes

Mrs P. Jeremaes
(Mental Health Lead)
Assistant Headteacher

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