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Monday, 10 May 2021

Dear Parents and Carers,

This week is Mental Health Awareness week. This year, the theme is 'Nature'. The theme was chosen because being in nature is known to be an effective way of tackling mental health problems and of protecting our wellbeing. For many of us though 'being in nature' may not be as easy as it sounds. Attached are some top tips on how you can build your own connection with nature.

Kind regards,

Emily Stanghon

Assistant Headteacher  
Designated Safeguarding Lead

