

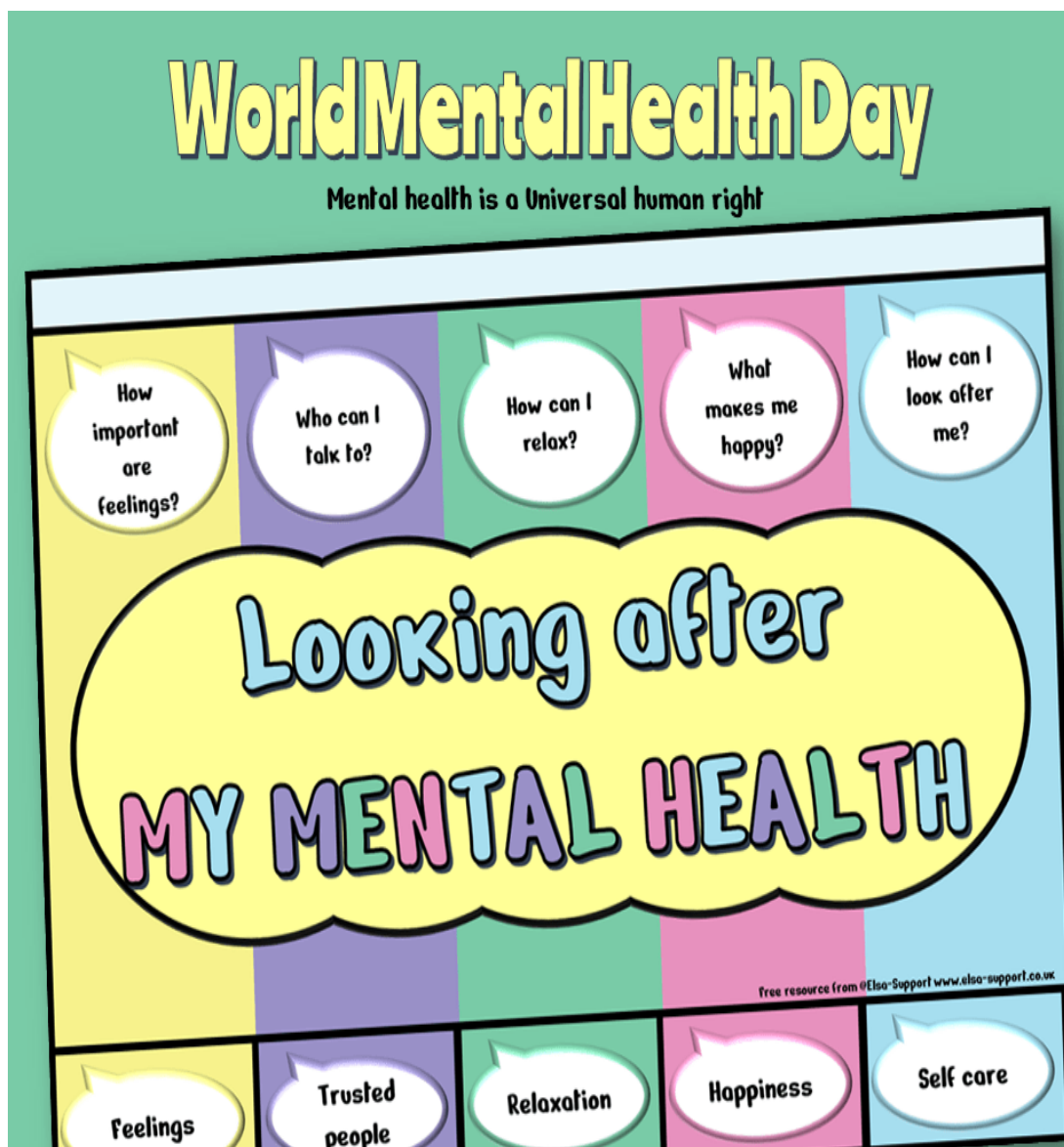
Hi All



## Thursday 10<sup>th</sup> October is World Mental Health Day.

School Council & Spring Bank Primary School will be taking the following steps for ways to look after our wellbeing

- Whole school assembly to talk about importance of looking after our minds & body.
- Come to school dressed in **GREEN**
- Move a mile to take place during the school day
- Dance & music during break/lunchtime with key messages.
- Dougie our school dog will visit Wednesday 9<sup>th</sup> October.
- Message from Rebecca Schools' Wellbeing Champion along with workshop from Rebecca Monday 14<sup>th</sup> October



Thank You School Council & Miss Ditta

