

#WearItGreen

**Movement: moving more for our mental health**

*Go green for the day!*

Tuesday, May 7, 2024

Dear Parents/Carers,

On **Thursday 16<sup>th</sup> May**, it is **'Wear It Green Day'** to support the Mental Health Foundation. One in six people are affected by mental health problems every week. The money we raise will help the foundation conduct vital research, develop solutions and treatments as well as work towards their goal of prevention. Preventing mental health is vital and we want to aspire for 'good mental health for all.' In order to do this, we need to raise as much money as we can to help fund the Mental Health Foundation.

The focus this year is movement and our children will be taking part in a sponsored run/walk around the school field for 15 minutes which is approximately 1 mile. A Just Giving page has been set up for you to donate any sponsor money for your child. The link can be shared on social media for others to donate so please feel free to share this with friends and family. <https://www.justgiving.com/page/hamstel-infants-1714598497401>

On the 16<sup>th</sup> May, please could the children come to school wearing something green, this could be hair accessories, an item of green clothing including socks or even green clothing all over. (Examples below). If you don't have anything green at home, please don't worry as children can wear anything they like and can make a green wrist band at school. We are asking for donations of £1 to be made in cash on the day, please send this in with your child. There will also be collection tins on the gate to donate any loose change you may have as every little helps!

Thank you for your continued support and we are looking forward to seeing all the children take part in their sponsored run/walk to support mental health wearing green.

Miss Golding - Healthy Schools Leader

***Mental Health Awareness Week  
13-19 May 2024***



Use the QR code below to check out some conversation starters to help maintain good mental health.

Enjoy asking these questions with child on the way to school.



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