



Frodsham Primary Academy
Ship Street
Frodsham
Cheshire
WA6 7PZ
☎ 01928 249 840
frodsham.office@wpat.uk

May 2024.

Dear Parents/ Carers,

As we approach Mental Health Awareness Week, which runs from the 13th to the 19th of May, I wanted to take a moment to highlight the importance of mental health awareness and share some exciting activities we have planned at school.

Mental health is a topic that affects us all, directly or indirectly, and it's essential that we continue to prioritise conversations and actions surrounding mental well-being. This year's Mental Health Awareness Week serves as an opportunity to do just that, to come together as a community and promote understanding, support, and acceptance.

To mark this important week, we will be holding various activities and initiatives within our school. One highlight is our **"Wear it Green" day on Friday, May 17th**. On this day, students and staff are encouraged to wear green accessories to show their support for mental health awareness. Whether it's a green ribbon, face paint, hat, scarf, or any creative DIY accessory, we invite everyone to participate and showcase their solidarity. We are going to turn the 'wear it green' accessory initiative into a competition. Students are encouraged to get creative and design their own green accessories. The best DIY accessory will be awarded a special prize, and we can't wait to see the creativity and enthusiasm our students bring to this event. We will show case these accessories in an assembly on the Friday.

Furthermore, on Friday, May 17th, we will be integrating mental health awareness activities into our school day. These activities will include discussions and resources aimed at promoting mental well-being, understanding mental health issues, and fostering a supportive and inclusive environment for all students.

We believe that by actively engaging in conversations and activities surrounding mental health, we can create a more compassionate and supportive community where everyone feels valued and understood. As always, we encourage parents to join us in supporting these initiatives and continue the conversation about mental health at home. Together, we can make a positive difference in the lives of our students and contribute to a culture of openness, empathy, and acceptance.

Thank you for your ongoing support,

Alice Pemberton.

