



Diamond Hall Infant Academy, Well Street,  
Sunderland SR4 6JF  
Tel : 0191 564 0222  
E-mail : [enquiries@diamondhallinfantacademy.co.uk](mailto:enquiries@diamondhallinfantacademy.co.uk)  
Web Site : [www.diamondhallinfantacademy.co.uk](http://www.diamondhallinfantacademy.co.uk)  
Head Teacher : Mrs S Collingwood

Dear Parent/Carer

We will be celebrating **World Mental Health Day** in school on **Wednesday 10<sup>th</sup> October**. All children in school will take part in different activities throughout the day to explore and learn more about Mental Health and Wellbeing in an age appropriate way.

Children will have the opportunity to:

- Listen to and read different stories
- Recognise and talk about different feelings
- Learn about the 5 ways of Wellbeing (Connect, Keep learning, Give, Take notice, Be active)
- Discuss who they can talk to if they need help and how they can help others.

It would great if you can talk with your child about what they have learned in school on World Mental Health Day.

Yours Sincerely

Mrs S Collingwood



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