



Herrick Primary School
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Headteacher – Mr U Patel

Chair of Governors – Mr S Martin

5 October 2023

Dear Parents/Carers,

On Tuesday 10th October it will be Mental Health Day and in partnership with ITV's Britain's Get Talking and Young Minds'. Herrick Primary school will be focusing on dealing with 'worries'.

We would encourage all parents/carers to participate in this initiative to help support children talk about their feelings. Children will be bringing home, a conversation starter designed to help them talk about their worries with you.

We will be having a special assembly on Monday, where the children will be shown a video by Ant and Dec (from TV) in which they discuss how on occasions we may say, 'I'm fine' but not really mean it.

At Herrick we want all our children to confidently say 'being me, being happy, and being safe'.

If you have any questions or queries, do not hesitate to contact the school office.

Yours sincerely

U Patel
Headteacher