



Margaret McMillan
Primary School

Inspiration • Aspiration • Determination

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4th October 2018

Dear Parents/Carers

Mental Health Awareness Day

On Wednesday 10th October it is Mental Health Awareness Day. We will be having a non-uniform day for the children to come in a colour that makes them happy – this may be their favourite colour, a colour that reminds them of a special day or family member or even just their favourite colour.

We will be doing lots of work that day on well-being, for example things that make us happy, what worries us, what helps charge our batteries and what drains our batteries. It would be nice if you could discuss these things at home with your children too and ask them what they have been learning on the day.

Everyone's well-being is something we really value at Margaret McMillan and is something that we will be doing lots of work on throughout the year.

Children are not expected to bring money for this as a charitable event will be held later next week.

Yours sincerely

Miss J Simms

Mrs S Iqbal



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