

Friday 5<sup>th</sup> October

# Health and Wellbeing Newsletter

World Mental Health Day is on 10th October 2018. This year's focus is on young people and mental health in a changing world.

Therefore, next week we will be supporting World Mental Health day in school. All the children will be taking part in sessions talking about their own mental health and how to support others.

The graphic features a grey background with white and green splatters. At the top left, a green box contains the text 'We're supporting'. To its right is a pink hand icon with the text '#HandsUp4 #HealthyMinds'. Below this, a large purple box contains the text 'World Mental Health Day' in white, hand-drawn style font. Underneath, a pink box says '10 October 2018'. At the bottom left, a white box contains the text 'Visit [mhfaengland.org](http://mhfaengland.org) for tips and resources to support young people's mental health in a changing world'. At the bottom right is the MHFA England logo, which consists of two overlapping white circles on a green background.



## Healthy minds and healthy bodies – sport news

On Tuesday some of our Year 5 children took part in an INSPIRE Sports event, they thoroughly enjoyed themselves and their confidence and love for sport grew stronger. At the end of the event Stanley Grove were awarded the Team Effort Award! Well done for representing the school brilliantly at this event.



The Tag Rugby team also took part in their second week of competition, winning their first game but losing the other two games. All the children showed great determination and resilience against the tougher opponents.

