

Dear members of the St. Anne's family,

Miss Foley and her mental health ambassadors have been having meetings to explore mental health and make our school happier. We have developed a new mental health curriculum, which will be launching during our mental health sessions every other week.

Each term we will have a key focus:

Spring 1: Name It to Tame It

Spring 2: Speak Out

Summer 1: Smashing Stress

Summer 2: Wonderful Wellbeing

Therefore, this term we will be focusing on **Name It to Tame It**. In this topic, we will be helping the children to recognise their feelings and emotions, and understanding that it is ok to feel that way.

In order to launch our mental health curriculum within our school, we will be holding a poster competition with the focus of mental health. Please think about a snappy slogan and images to support this. Please use the form attached to show your design. Make sure designs are handed in to your class teacher by Tuesday 25th February.



Who you can talk to:

Miss Foley

Minnie Barnes

Joe Clements

Daisy Cockram-Wright

Niamh Ward

Milana Taylor-Connolly

Ben Fletcher-Wells

Or any one you want to talk to.....



Why we are doing this:

1. To help you
2. Make everyone happy
3. Ensure nobody is upset

Yours sincerely,

Miss Foley and the Mental Health Ambassadors



Poster Design

Remember to bring in your entry by Tuesday 25th February.

