





Northenden Community School

Determination Ambition Equality



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Monday 6th October 2025

Dear Parents and Carers,

World Mental Health Day takes place every year on 10th October. It's a reminder of the importance of good mental health and the need to prioritise and invest in good mental health.

The theme this year is 'access to services - mental health in catastrophes and emergencies'. The theme highlights the importance of people being able to protect their mental health in times of global instability. If you would like to read more about how to take control and limit the impact of global overwhelm on your well-being, follow the link below.

<https://www.mentalhealth.org.uk/explore-mental-health/articles/overwhelm-when-global-events-and-relentless-bad-news-become-too-much>



In school on Friday, the children will be starting their day with a mindful minute, getting moving to understand how movement helps our wellbeing, spending time outside to emphasise the importance of connecting with nature and having a check in with friends in their class, with a drink and biscuit. We want children to understand how important preventative self-care is to support their mental health.

On Friday morning, after drop off, Ms Byrne will be hosting a coffee morning in the after school club room. All family members from the school community are welcome! As well as providing a space for our community to get to know each other better. Ms Byrne will be sharing some of the ways we support our children's mental health and wellbeing at Northenden. If you are able to, please come to the link corridor to the right of the main entrance after you have dropped off your child at school.

If you are unable to attend, you can explore our Family Support and Guidance page on the school website for lots of useful resources. <https://www.northendenprimary.co.uk/parents/family-support-and-guidance>

Yours sincerely

Ruth Byrne

"We would never tell someone with a broken leg that they should stop wallowing and get it together. We don't consider taking medication for an ear infection something to be ashamed of. We shouldn't treat mental health conditions any differently." — Michelle Obama