

South Bersted CE Primary School

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Headteacher: Mr Noel Goodwin

12th October 2023

Dear Parents and Carers,

World Mental Health Day

Tuesday 10th October 2023 was World Mental Health Day. As part of our approach to mental health, we want pupils and members of the school community to recognise how we can promote good mental health and wellbeing. Mrs Greatorex led a whole school worship reminding pupils of the positive things that we can do and what mental health is and is not:



As part of our focus for this year, we are taking inspiration from the National Gallery and encouraging all members of the school community to take a moment. Take A Moment is about simply taking a few seconds every day for our mental health...to pause, breath, disconnect and then reconnect, so we can find clarity. A simple action that can make a life changing difference in our fast-paced world.

Where can you learn more?

Visit the [website](#) and watch the video.

What can you do?

Take a black and white photograph of your child, yourself or a family member taking a moment and send it into the school office via Class Dojo.



When do you send the images in by?

Please send your images in by Wednesday 1st November.

What will happen with the images?

We will use the images in school to create a whole school display.



The Anna Freud website has further resources to help you in supporting your child when talking about mental health. See the video in the link below which explains to children what mental health is.

[Talking mental health: animation & teacher toolkit | Anna Freud](#)

Kind regards

Mr Noel Goodwin
Headteacher