

Dear Parents/ Carers

Next week, we are excited to participate in Mental Health Day (**Thursday 10<sup>th</sup> October**), an important opportunity to promote well-being for both individuals and our wider community. This year's theme encourages us all to come together, raise awareness, and support each other through open conversations. At Ormiston Meadows, we are embracing this initiative by hosting a special 'Biscuit and Talk' event.

During this time, children and staff will have the opportunity to sit together, enjoy a biscuit, and engage in discussions about well-being and mental health. We believe that by talking and sharing, we can help raise awareness and foster a supportive environment for everyone.

The biscuits will be provided by the school. However, if your child has a food allergy, we will have an alternative snack available. If you prefer, you are welcome to send an alternative from home for your child.

We look forward to a meaningful day where we can all come together and support each other in promoting positive mental health.

Thank you for your support.

**Kind regards,**

Megan Bishop