

ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'

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'It Really Does Matter'

10th October 2022

World Mental Health Day

Dear Parents & Guardians,

Today is World Mental Health Day and all children in school have watched a video about how to look after themselves and their friends.

This is the link if you would like to watch it too: https://youtu.be/oz1S66_pYTw

Attached is a booklet the Anna Freud Centre has produced for families about talking to children about the subject.

Thank you,

Abbotswood Junior School