

# King Athelstan Primary School

Villiers Road, Kingston Upon Thames, KT1 3AR  
Tel: 020 8546 8210 Fax: 020 8547 2732

admin@kingathelstan.rbksch.org  
www.kingathelstan.kingston.sch.uk



Headteacher: Emily Newton

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Dear Families,

On **Tuesday 10<sup>th</sup> October**, we will be celebrating **World Mental Health Day** in school, as we do each year. We will be teaching the children the importance of us all looking after our mental health. Promoting positive mental health and wellbeing is integral to our school ethos and we are passionate about equipping children with strategies to support them in maintaining this throughout their lives. The aim of the day is to more overtly raise awareness of, and teach, some of these skills. The theme for King Athelstan's Mental Health day this year is:

**'Care to Share'.**



We will be exploring and teaching children that **sharing** is an important skill to learn and practise as it helps us make friends, become better learners and live a happier life.

The programme for the day will include the following:

- A positive mental health assembly **shared** with the whole school
- Organized board games, creative activities and ball games at break time for the children to **share** with their friends and members of staff on duty
- Circle Time with fruit snacks for each class to **share**
- A creative PSHE lesson in each class, exploring our theme of **'Care to Share'**
- All children from Nursery to Year 6 will bring a piece of creative work home to **share** with their family

We will be **sharing** a **toy** and **book giveaway** at the end of the day where children can take an item home to **share** with their family.

We will also be raising money for the redevelopment of the KS1 playground as this is a space that our children love to **share**. **If you are able, please make a donation via the World Mental Health Day item in your ParentPay account.**

On **Tuesday 10<sup>th</sup> October**, children are invited to **wear green accessories** (hair bows, socks, head bands, etc.) along with their usual school uniform (or PE uniform if it is their PE day).

Thank you for your support in making this a positive learning experience to **share** with all.

Denise Ramkissoo

Social Emotional Mental Health Lead

