

The Mead Infant and Nursery School

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Proud to Belong

Friday 1st October 2021

Dear Parents/Carers,

People up and down the country will be wearing a coloured accessory next week on World Mental Health Day, to show their support for the children and young people's mental health charity, Young Minds. After the last two years, living through the pandemic, it is even more important that we look out for, and improve, our children's mental health and wellbeing.

The pandemic, and its subsequent consequences, have had a dramatic impact on many of the country's children, and like many schools, we feel it is extremely important to bring this to the forefront of everyone's minds. It is so important that together we work to maintain, or replenish, our children's mental wealth.

Young Minds works to remove the stigma that surrounds mental health in children and young people. Their campaign hopes to encourage people to think about the complex and challenging issues that affect young people every day. You can find out more about Young Minds' work at www.youngminds.org.uk.

Most schools will be wearing yellow to support Young Mind's #HelloYellow campaign however as our children are younger, The Mead Infant and Nursery School will be showing support by asking children to wear a **green accessory** in addition to their school uniform on **Friday 8th October 2021**. We have chosen **green** as our colour because this colour represents the 'feeling fine and ready to learn' zone in our 'Zones of Regulation'. At this time, it is especially important for us to highlight to our children the need to recognise their emotions in terms of the coloured zones, and to remember, and implement, the different ways in which they can try to get themselves back to the Green Zone. We continue to work on this in class with the children, and reinforce at every opportunity.

Examples of coloured accessories include green socks or a green hairband.

If you would like any more information, please speak to your child's class teacher.

Kind regards,
Mrs Finch
(PSHCE Lead)

