



Mental health problems can affect anyone, at any time. We believe that mental health is everyone's business.

The theme for this year is kindness - what does that word mean to you? Think of kind things you can do for others; can you do a random act of kindness this week? Stay safe if you do.

The link below is some ideas to get you started.

<https://www.twinkl.co.uk/resource/daily-kind-act-ideas-t-lf-2548974>

Please email your teachers about any kind things you do.

Stay safe, Miss Kemp

