



NORTHCOTE PRIMARY SCHOOL

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Dear Parent/Carer

World Mental Health day is on Thursday 10th October. There will be several things happening across school to raise the profile of this day and the importance of supporting our own and each other's mental health.

'Zones of Regulation' Parent Workshop- 9:00 am

Our learning mentor Mrs McCulloch will be hosting a parent workshop on the 'Zone of Regulation'. This is a tool to support emotional literacy which has been introduced to the children. There will be information on how this supports the children day to day and how you can use this at home. There will be resource packs to take away.

Optional 'Hello Yellow' clothing

Children are invited to join in the Young Minds 'Hello Yellow' campaign by wearing something yellow to school. This could be something small like a bright accessory (socks, hairband, bandana etc.) or something more, like a yellow t-shirt.

We don't want families spending money on new items of clothing, so this is optional. Our school uniform also has yellow on!

Family Dance (Weather permitting!)

After the success of last year's Family Dance on the yard, we will again be bringing out the speaker and inviting all the children and their families to join in with some feel good exercise in the morning! This will be from 8:35-8:45 before the children line up.

The children will also be thinking about our whole school value of resilience throughout the week and exploring how to build resilience to support our mental health. There will also be resources shared on Class Dojo to help support this at home as well.

Thank you for your continued support.

Mrs Hearnshaw
Deputy Headteacher

