



# Chestnuts Primary School

'Encourage, Enable, Empower'

Tel: 01908 373748  
email: [office@chestnuts.milton-keynes.sch.uk](mailto:office@chestnuts.milton-keynes.sch.uk)  
[www.chestnutsprimaryschool.co.uk](http://www.chestnutsprimaryschool.co.uk)

Headteacher: Miss Becky Skillings  
Deputy Headteacher: Mrs Katie Robins  
Assistant Headteachers: Mrs Sam Sear & Mrs Nicola Tearle

1<sup>st</sup> October 2020

Dear Parents/Carers,

We all have mental health, in the same way that we all have physical health. It's important that we take care of both as they are part of our overall wellbeing. We know that the last few months have been challenging for us all and it can be hard to feel positive, we are all in this together.

On **Friday 9<sup>th</sup> October**, the day before World Mental Health Day, we will be taking part in #HelloYellow. This is a day to raise awareness of mental health and wellbeing, schools across the country will be taking part. The children are invited to come to school wearing an item of yellow, this could be wearing yellow socks, pinning on a yellow ribbon, wearing a yellow scarf or hat etc. During the day the children will engage in activities that promote and support good mental health and wellbeing.

Mental health and wellbeing are so important to us all and we hope to see Chestnuts brightened up by lots of yellow around school on the 9<sup>th</sup> October, promoting lots of talk and discussion around this important topic. Staff will be wearing yellow too!

If you would like to find out more about ways to support your own mental health and wellbeing and that of your family, these links might be helpful

<https://www.mentalhealth.org.uk/your-mental-health/about-mental-health/what-good-mental-health>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

Remember to keep an eye on our Facebook page for tips and ideas around wellbeing and mental health too.

Yours faithfully

Mrs Batey



Inspiring Futures  
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Apollo Avenue Fairfield's, Milton Keynes MK11 4BA. The company number is 07698904 and is registered in England.



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