



Birches First School

Believe, Grow, Succeed ...

...to be the best 'me' I can be.



Monday 29th September 2025

Dear Parents,

On Friday 10th October 2025 it is
World Mental Health Day.



During this week in their PSHE lesson, your child will be exploring different ways in which we can encourage and grow our own mental health to be the best it can be.

We are supporting the YoungMinds charity which is a UK leading charity fighting for a world where no young person feels alone with their mental health. Below is a link you can access as a parent to help support the conversations around mental health at home:

[How to Talk to Your Child about Mental Health | YoungMinds](#)

We ask that all children come to school on Friday 10th October wearing yellow for a small donation of 50p which will be donated to the YoungMinds charity.

Thank you for your support with this cause.

Kind regards,

Mrs Kandola
English and PSHE Lead