



Yeadon Junior School

10/05/24

Dear Parents/Carers

Next week is Mental Health Awareness Week. The theme for Mental Health Awareness Week is Movement. Moving more for our mental health can have a positive effect on our mental health by reducing stress, anxiety, improving mood, enhancing our sleep quality and cognitive function.

We will be providing a number of mental health activities for parents in the Community House. Please see the timetable attached.

**On Friday 17<sup>th</sup> May the children can come to school dressed in GREEN to raise awareness of Mental Health Awareness week.**

**With best wishes**

**YJS**