

Mental health week

Dear Parents,

Mental Health Week is here!

Looking after our mind is as important as looking after our body.

😊 It's normal to have big and small feelings.

😊 Talking helps when feelings feel heavy.

😊 Kindness is a superpower that makes everyone stronger.

😊 Fun and relaxing activities give our mind energy.

To mark this celebration, learners are invited to come dressed in shades of green on Friday, 10th October to spread positivity and remind ourselves that every feeling matters and every child matters.

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