

C 141 (2025-26)

03/10/2025

To

Parents Grade 1 to 12 learners

**Ref – World Mental Health Week – Dress-Up in Shades of Green**

Dear Parents,

As we celebrate **World Mental Health Day on 10th October**, we would like our learners to participate in a **dress-up initiative**. Learners are encouraged to come dressed in **shades of green**, which symbolise **Mental Health Awareness**.

The colour green represents **hope, healing, and resilience**. Through this initiative, we aim to promote open conversations about mental health challenges while encouraging empathy and understanding among our learners.

We request that you kindly ensure your child is dressed in a **comfortable, school-appropriate green outfit**. Learners may also accessorise thoughtfully to further show their support for this cause.

This initiative has been **curated by the Enrichment Cell in collaboration with Ms Sakina Chitalwala from the Primary Section**.

Thank you for partnering with us in spreading awareness and creating a safe, supportive space for all.

Warm regards,

The Management Team  
JBCN International School, Parel