



# Warboys Primary Academy



A proud member of

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Friday 25th April 2025

Dear Parents/Carers

## Mental Health Awareness Month

### VE celebrations

We are excited to announce we have a number of events planned to celebrate and raise awareness for 'Mental Health Awareness Month' this May. The theme for this year is "Together for good mental health" highlighting the importance of talking with others and the positive impact this has on us.



### Mental Health Awareness Activities

At Warboys we wanted to do something to highlight how important it is to talk about our mental health and come together as a community every day. Please see the timetable below of some of the activities that we will be doing. A number of these will be on the playground between 8.30-8.45 and will require no signing up at all! It would be lovely to see as many children and adults involved as possible so please do come along and see what is going on. There are also a number of activities during the school day that we are inviting parents to. Please see the timetable below and the sign-up link so we are aware of numbers. Further information about these events will be released next week.

### VE Day: Friday 9<sup>th</sup> May

The celebrations of VE day also links well this month in bringing people together, and we wanted to invite you to an afternoon tea event on Friday 9<sup>th</sup> May at 2.45pm on the school field. Again, please use the timetable below to register your interest and further details will be sent out next week. We wanted to ensure our school community were aware of the dates for these events with as much notice as possible.

### Thursday 15<sup>th</sup> May: Wear Green Day

On this date, children do not have to wear school uniform. They are encouraged to wear something green to celebrate and show support for the Mental Health Foundation.



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 BANK HOLIDAY</p>	<p>6 <b>8.20-8.45</b> Practice a new skill Location: KS2 playground</p> <p><b>9.15-10.15</b> Emotional Based School Avoidance Open Session with Nessie professionals Register interest <a href="#">here</a> Location: TBC</p>	<p>7 <b>8.20-8.45</b> Write an affirmation for the day and decorate it showcasing your art skills Location: KS2 playground</p>	<p>8 <b>8.20-8.45</b> Exercise stations for parents and children Location: KS1 playground</p>	<p>9 <b>8.20-8.45</b> Write a gratitude down on our tables to add to our Gratitude Tree across the month Location: KS1 playground</p> <p><b>2.45pm</b> Afternoon Tea on the field to celebrate VE day More details to follow but register your interest <a href="#">here</a></p>
<p>12 <b>8.20-8.45</b> Sing-a-long Monday! Location: KS1 playground</p>	<p>13 <b>8.20-8.45</b> Practice a new skill Location: KS1 playground</p>	<p>14 <b>8.20-8.45</b> Write an affirmation for the day and decorate it showcasing your art skills Location: KS2 playground</p>	<p>15 <b>8.20-8.45</b> Exercise stations for parents and children Location: KS1 playground</p>	<p>16 <b>8.20-8.45</b> Write a gratitude down on our tables to add to our Gratitude Tree across the month Location: KS1 playground</p> <p><b>2.45-3.15</b> Sip and Paint Afternoon Event KS2 Location: School Hall Book your place <a href="#">here</a></p>
<p>19 8.20-8.45 Sing-a-long Monday!</p>	<p>20 <b>8.20-8.45</b> Practice a new skill – the tangram puzzle! Location: KS1 playground</p> <p><b>Parent Workshop: Myhappy mind @9.15am</b> Book your place <a href="#">here</a></p>	<p>21 <b>8.20-8.45</b> Write an affirmation for the day and decorate it showcasing your art skills Location: KS2 playground</p>	<p>22 <b>8.20-8.45</b> Exercise stations for parents and children Location: KS1 playground</p>	<p>23 <b>8.20-8.45</b> Write a gratitude down on our tables to add to our Gratitude Tree across the month Location: KS1 playground</p> <p><b>2.45-3.15</b> Sip and Paint Afternoon Event KS1 Location: School Hall Book your place <a href="#">here</a></p>

We hope you can join us for these exciting events and hope the sunshine joins us too!

Yours sincerely,

Mr Mallott