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9th May 2023

Dear Parents and Carers,

Mental Health Awareness Week is right around the corner, returning on **15-21 May, to get the nation talking about this year's theme, anxiety.**

It's a week of reflection, sharing, support and fun, and our school community is getting involved!

20% of adolescents may experience a mental health problem in any given year, and 50% of mental health problems are established by age 14. It's never been more important to give young people the tools to look after their wellbeing, and feel secure in getting support.

Wear It Green Day

Please join us on **18th May** for **Wear it Green Day** at Istead Rise Primary School. We'll be part of a community of schools taking part in the conversation about **anxiety** this Mental Health Awareness Week.

Children can come to school on 18th May wearing green items of clothing. We invite parents to also wear green on this day to show their support for this cause. Any children not wishing to participate should wear their normal school uniform on the day.

Yours sincerely,

Mrs Andreou

Inclusion Lead

