



St Paul's

Catholic Junior School

Love God Love Life Love Learning

Tuesday 3rd February 2026

Dear Parents and Carers,

We are writing to inform you that our school will be observing a **Mental Health Day** on Wednesday 11th February as that week is National Children's Mental Health Week. This day is dedicated to supporting students' emotional well-being and promoting healthy coping strategies, self-awareness, and balance.

During the school day, pupils will take part in age-appropriate activities focused on stress management, mindfulness, positive relationships, and self-care. These activities are designed to create a supportive environment where students feel safe, valued, and encouraged to talk about their feelings.

Mental health is an important part of overall health, and we believe it is essential to help students develop skills that support their emotional and social well-being alongside their academic learning.

If you have any questions or concerns about the activities planned for this day, please feel free to contact the school. We appreciate your continued support as we work together to care for the whole child.

Thank you for your continued support.

Mr Luck

Head Teacher

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