

Cottingham Church of England Primary School

Headteacher: Mr Ashley Scott

Berryfield Road  
Cottingham  
Market Harborough  
Leicestershire  
LE16 8XB

01536 771391

www.cottinghamprimary.co.uk

office@cottingham.pdet.org.uk

@CottinghamCofE

@CottinghamCofE

Cottingham CofE Primary School

@CottinghamCofE

Dear Parent/Carer

**Mental Health Awareness Day**

Tuesday 10<sup>th</sup> October is Mental Health Awareness Day. Evidence suggests that there are five (5) steps, that you can take to help improve your mental health and wellbeing:

- **Giving**
- **Get Active**
- **Connect**
- **Learn**
- **Take Notice**

With this in mind, we have arranged activities for the day which will cover all the above. Children are invited to wear colourful MUFTI in exchange for £1.00 (Or more!) – all monies collected will go towards The Air Ambulance Charity.

**Giving** – as part of the day we will be supporting The Air Ambulance and raising money for their very worthwhile cause. There will be a cake sale at the end of the day – please donate any cakes you can, shop bought or home-made is great! We are also collecting bric-a-brac and pre-loved clothes to be sold at their shop. Please bring cakes and any other donations into school on Tuesday morning. Thank you.

**Get Active** – to promote being active, there will be a 'walking bus' to school leaving at 8.40am from the Spread-Eagle car park. Members from the Magnificent Mind Team (MMT) and staff will be there to walk children to school. Adult help is also required, if you would like to walk with your child.

**Connect** – connecting with family and friends is so important for our mental health and wellbeing, with this in mind we have invited KS2 parents in for Love2Lunch on this day. It is lovely to be able to spend time with your children during the school day.

**Learn** – The Air Ambulance will be in school during the afternoon to deliver an assembly to the children. They will 'learn' about the work of The Air Ambulance and how important their work and fundraising is.

**Take Notice** – all of the above will be 'taking notice' and learning the importance of looking after our mental health and wellbeing by following. Thank you for your continued support.

The cake sale will be held after school on – please bring change with you. The sum-up machine will also be available. Generous donations are welcome.

During the Love2Lunch – there will be Air Ambulance collection boxes around the hall – please donate any change you may have.

Thank you  
**Carolynn Southcombe**

CARE

BUILD

FOLLOW

THINK



NORTHAMPTON TOWN F.C.  
COMMUNITY



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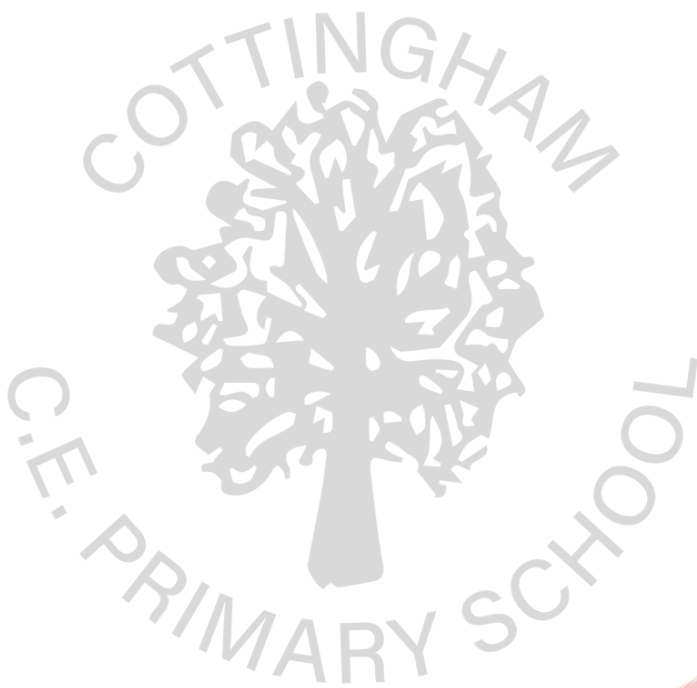
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