



The Ryde School

Pleasant Rise, Hatfield, Herts, AL9 5DR

01707 267333 | www.ryde.herts.sch.uk

Headteacher: Mrs Sue Thompson

6th October 2023

Dear Parents/Carers

Mental Health Awareness Day – Tuesday 10th October

On Tuesday 10th October it is World Mental Health Day. The theme for 2023, set by the World Foundation of Mental Health, is ‘**Mental health is a universal human right**’. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone’s mental health. It is also a chance to talk about mental health, how we need to look after it.

To celebrate this day and encourage positive mental health for all, every class will have an activity planned in class on this day to promote positive mental health.

We are also asking, if possible, for pupils to wear one item of something yellow (no football tops or socks) to raise awareness about children's mental health.

Yours sincerely

Mrs Sue Thompson
Headteacher

