

08.10.2019

World Mental Health Day

Dear Parents & Guardians,

At Iqra school, we are committed to supporting the emotional health and wellbeing of our pupils and encourage this through daily activities such as cosmic yoga, PSHE, compliment jars to name a few.

It is World Mental Health Day on 10th October 2019 and throughout the week the children will take part in assemblies, workshops and discussions to expand their knowledge and understanding of what wellbeing is (both mental and physical).

Parents are also invited to attend the 'Positive Mental Health, Awareness for Families' workshop on Tuesday 15th October at 9am. The workshop will provide parents with practical tips on how to support your child's mental and emotional health at home. Refreshments will be available.

We look forward to participating in the well-being activities and welcoming you to the parent workshop.

Yours sincerely

Dr Mineza Maher
Headteacher