



## ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

10<sup>th</sup> October 2024

Dear Parents and Carers,

### Healthy Minds Team - World Mental Health Day

Here at St James we understand that good Mental Health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing.

The Healthy Minds Team presented an assembly to our children in school. They talked about who they were and what they do. They chatted to the children about how they can help themselves to achieve good mental health and introduced some exercises they can try, like the 5-finger breathing exercise.

Emily our school consultant from Healthy Minds Team will be attending our Parents Evening on Monday 14<sup>th</sup> October between 4 - 6pm. More information about the Healthy Minds Team can be found here. [Healthy Minds Team | \(southtynesidelifecyclementalhealth.nhs.uk\)](https://southtynesidelifecyclementalhealth.nhs.uk)

As well as this Emily will present a workshop for parents in school based around anxiety and how to support your child with fears and worries. This session will take place in school on Wednesday 6<sup>th</sup> November from 9 - 10:30am. All of our parents and carers are welcome to come along and meet Emily in school.

If you have any further questions please get in touch.

Yours sincerely,

Mrs. F Heslop  
Headteacher

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Headteacher  
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