



# Spring Vale Primary Mental Health Awareness Newsletter

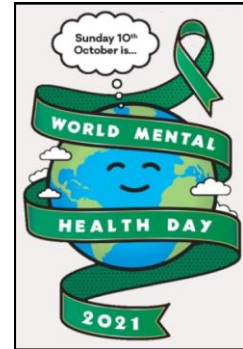


## PSHE Update: what's been going on in

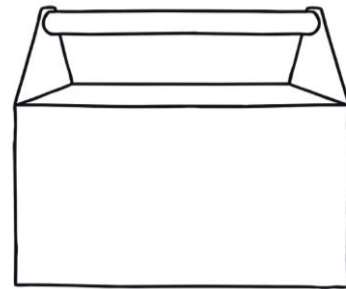
### World Mental Health Day



This week in school we have celebrated World Mental Health Day! We've had an assembly, worn bright colours and thought about how we can look after our mental health.



This week's homework competition asks you to tell us what tools you have in your toolkit to keep yourself mentally healthy! You can write, draw or even cut and stick to fill your toolbox! There will then be winners announced across school.

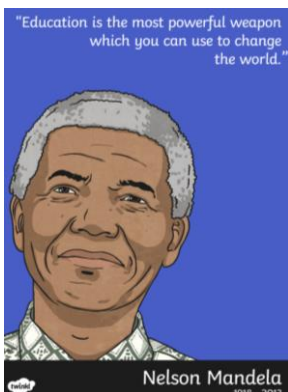


### Black History Month - October 2021

Black History Month is a time set aside each year to celebrate the achievements of Black men and women in the past and today.

This month, across school, we will be celebrating influential figures through whole school assemblies, PSHE lessons and in-class projects.

Our Year 5 and 6 children will be entering a local authority writing competition to create a biography of an influential figure of their choice.



We will be looking in particular detail into Marcus Rashford's recent campaigns after the children of Spring Vale chose him to be the name of one of our housepoint houses.

We can't wait to share some of the exciting work we produce!





#HelloYellow

# YOUNG MINDS

