

# CANON POPHAM C of E PRIMARY ACADEMY

Church Balk, Edenthorpe, Doncaster. DN3 2PP

Phone: 01302 884465

E-mail: enquiries@cpa.dsat.education

Executive Headteacher: Mrs S Patton

Head of School: Mrs J. Shelton

Chair of Local School Board: Mr C. Mitchell



Dear parents/carers

## World Mental Health Day 2025

To help our school community to develop a greater awareness of the importance of looking after their mental health, this year we are going to do something a little different. To celebrate **World Mental Health Day 2025**, on **Friday 10<sup>th</sup> October**, every child from Rec - Yr6 will choose an activity linked to their interests and go to the allocated classroom/area in school. These will include activities such as:

- Art room
- Construction room
- Music room
- Dancercise
- Talking Café
- Yoga room
- Games room
- Reading room
- Fitness room



The children will have the opportunity to mix across year groups, hopefully creating a lovely, mindful and well-being morning.

On **Friday 10<sup>th</sup> October**, everyone is invited to wear clothing that makes them feel happy, comfortable and relaxed.

If you have any questions, please contact your class teacher via class email or see them at the start or end of the school day.

We are very much looking forward to celebrating World Mental Health Day 2025 with our children.

Thank you for your continued support!

Kindest regards

Mrs S Patton  
Executive Headteacher

Mrs J Shelton  
Head of School

