World Mental Health Day 2021

This year we celebrated World Mental Health Day on Friday 8th October. In order to recognise World Mental Health, all staff and children came to school wearing yellow or green clothing. We all donated £2 each to the Young Minds charity, which is the charity for children's mental health.

At PACE we believe it is extremely important for all our children and staff to understand how important everyone's mental health is. Our pupils gave lots of different ideas of how we can help someone who is struggling. We discussed that some days are hard for other people but even just a smile can help someone feel better.

"A world where no young person feels alone with their mental health." Young Minds (2021).

Throughout the day all classes took part in a variety of activities highlighting the importance of our mental health. From PE lessons, mindfulness colouring, making our own worry dolls and listening to stories that explain what mental health is.