

16 September 2024

Dear Parents/Carers

Tea and Talk for World Mental Health Day- 10th October 2024



On 10th October every year we celebrate World Mental Health Day with Tea & Talk events across the UK.

Research shows that talking is good for your mental health, and that's what Tea & Talk is all about! Tea & Talk is a great way to come together with friends, family or colleagues to raise money and awareness for the Mental Health Foundation.

This year Leavening Community Primary and Nursery School would like to support World Mental Health Day within our wider community, not just in school with our children and so will be hosting a 'Tea and Talk' event at school from 8.45am (drop off) until 9.45am.

Mrs Peel will host this event and there will be a chance to chill and chat as well as participate in some light but fun and therapeutic activities if you wish.

We would gratefully accept donations of cakes for this event. We will not be using it as a sponsored event, simply as a way to bring our community together and support our parents. All we want is your company.

Please do spread the word around the community and we look forward to welcoming you on Thursday 10th October at 8.45am onwards. The kettle will be on...

Kind regards

Sian Mitchell
Headteacher