

# MENTAL HEALTH AWARENESS DAY

*Kindness is a gift everybody can  
afford to give!!*

*Kindness  
is free*

*Be kind*



*It's good to be kind*

**We will be having a 'Dress Down Day'**

Instead of a monetary donation, our children will be making a "kindness pledge" doing something for somebody else.

For example "make Grandad a brew"

**13TH NOVEMBER 2023**