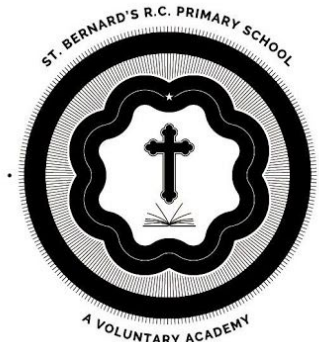


Our Vision:  
**EXCELLENCE  
IN ALL WE DO**



Our Mission:  
**TO GROW,  
LOVE AND LEARN  
FOLLOWING JESUS**

Monday 27th January

### Mental Health Awareness

Dear parents,

Here at St Bernard's we do lots of work around wellbeing and supporting our children to have good mental health.

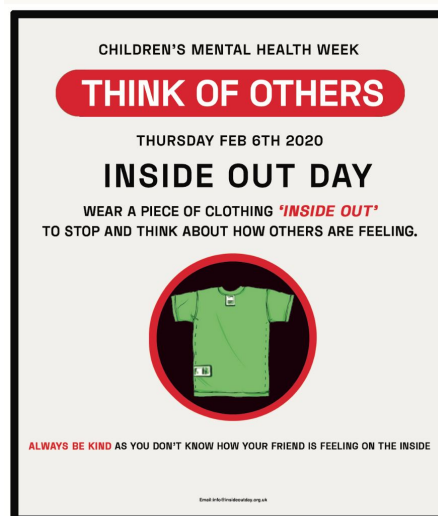
Next week is Children's Mental Health Week and the children will be taking part in activities in their classes around this. On Thursday 6th Feb we would like our children to wear a piece of their uniform inside out to remind them to stop and think about how others are feeling.

On the reverse of this letter is further information about the initiative. We will be accepting any donations on the day to support the charity 'If U Care Share'

Thank you for your support

Miss Reid

Assistant Head



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Head of School:  
Mr S. A. Jevons  
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Assistant Head:  
Miss E. Reid BA (Hons)



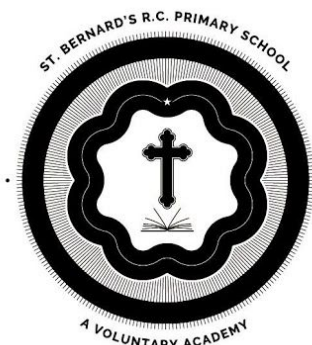
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## “INSIDE OUT DAY”

### A NEW INITIATIVE FOR CHILDREN’S MENTAL HEALTH WEEK

Inside Out Day calls for children and adults alike to wear an item of clothing ‘Inside Out’ as a way of making us all stop and think about how someone may look OK on the outside but inside they may be feeling sad or worried.

The first ever Inside Out Day for Children’s Mental Health Week will take place this year on Thursday 6 February 2020. The aim of Inside Out Day is to remind everyone to always be kind and think of others as no one knows how another person may be feeling. Schools across the country are being urged to support this new initiative – a simple premise, easy to implement and a meaningful way to engage pupils in discussions around emotional well-being.

Inside Out Day is being launched in memory of Jenny Jackson, who suffered with mental health issues and sadly took her own life a few months after her 40th birthday, four years ago. The idea was the brainchild of Jenny’s sister, Johanna Novick, and together with her other two sisters, Julie Borlant and Janie Jackson-Spillman they are asking schools, mental health charities and anyone with an interest in tackling our current society’s mental health crisis to get on board and support this initiative.

Johanna Novick said: “Mental health is one of the biggest challenges we face as a society. Social media can often disguise reality making everyone else look like they’re happy and leading wonderful lives, even when they’re not. We just want to let children know it’s Ok not to be Ok and that no-one is perfect (even though they may look it). On Thursday 6 February, wear an item of clothing ‘Inside Out’!

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