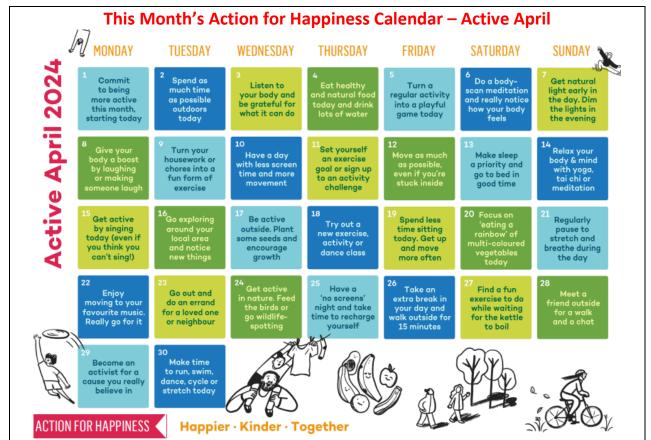


Mobberley C of E Primary School Wellbeing Newsletter





Mental Health Awareness Week 2024 will take place from 13 to 19 May, on the theme of "Movement: Moving more for our mental health".

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts! In school, the children will be taking part in activities to raise awareness of mental health and the importance of being active.

Useful links:

https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week https://www.mind.org.uk/ for mental health support and guidance. https://www.youngminds.org.uk/ for CYP mental health advice.