



Ysgol Fabanod Cwmaber
Infants School



Cwmaber Junior School
Ysgol Iau Cwmaber



Dear Parent/Carer

This year we will be supporting young people's mental health on World Mental Health Day. Together we can make a brighter future for young people and support them in managing feelings.

Pupils are invited to wear yellow or bring a yellow accessory such as hat, hairband, teddy, socks, ribbon etc on Tuesday 10th October to support a national campaign to show young people that they are not alone in their mental health.

On this day we will also be hosting a 'Tea and Talk' for all parents and carers at Cwmaber Infants. Here we will have a variety of hot drinks and cakes and biscuits available free of charge for you to enjoy and to meet and chat amongst yourselves. This will start at 2.15pm. We look forward to seeing you then.

Thank you for your continued support.

Mrs Cribb



Article 6: You have the right to life, to grow up and to reach your full potential.

Article 24: You have a right to clean water, healthy food, a clean environment and good healthcare.