



Fulbridge Academy is part of the Four Cs MAT



Fulbridge Academy



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September 2023

World Mental Health Awareness Day
Tuesday 10th October 2023

Dear Parent/Carers,

On Tuesday 10th October, it is Worldwide Mental Health Awareness Day.

Lots of people in the UK and around the world struggle with their mental health and do not know where to go for support.

Mental Health Awareness is very important to us at Fulbridge and we have chosen to recognise this day by raising money for the charity Mind. To do this we are inviting the children to attend school in blue clothes for the day which is the colour of the Mind charity. This could be a blue t shirt, blue trousers, blue shoes or even a blue headband. This is a non uniform day, so school uniform is optional. The more blue, the better!

To take part, we are asking for a suggested donation of £1 to be made through the MCAS app (Found in the Products section along with the photos & uniform items). All donations will be collected and donated to Mind, a charity that helps children and adults with their mental health.

Thank you for your support and we look forward to seeing everyone in blue to raise more awareness of this great cause!



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