



# Manor Green Primary Academy

## Aspire. Achieve. Succeed.

Principal: Ms. T. Thornton  
Vice Principal: Mr. S. Mycroft

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Wednesday 5<sup>th</sup> February, 2020

To Parents / Carers of  
Nursery – Year 6 children.

Dear Parents / Carers,

Tomorrow, Thursday 6<sup>th</sup> February we will be wearing our school jumpers inside out for Children's Mental Health Week. Children still need to be in full school uniform.

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 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.

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).

Thank you for your continued support.

Yours sincerely  
Mrs K Pearson  
Asst. Principal

**'Care, Share, Fair, Dare, Healthy & Happy'**



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focus-trust  
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