



MAHARISHI SCHOOL

CONSCIOUSNESS - BASED EDUCATION

World Mental Health Day - Wednesday 10th October

Dear Parents and Carers,

3 children in every classroom have a diagnosable mental health condition, and over 80,000 young people are severely depressed. To raise awareness of mental health issues, the charity Young Minds are asking people to wear yellow. By wearing yellow this World Mental Health Day, Wednesday 10th October, we want to show people that they're not alone when it comes to their mental health. If your child would like to take part, they can wear yellow on the day and bring in £1 to donate to Young Minds.

On the same day, Wednesday 10th October, we would also like to invite parents, carers, pupils and staff to join us for a group meditation, shared breakfast and walk and talk in the woods. Here is the schedule:

8:00am - All parents, carers, pupils and staff are invited to join together for a group meditation in the upstairs primary classrooms. The pupils from Years 6-11 can join in with the group meditation. During this time the children from Reception to Year 5 will be supervised by our breakfast club staff, they will be led in word of wisdom and then they will have a chance to play. Scientific studies into Transcendental Meditation (TM) has proven that it significantly reduces stress in the physiology and supports good mental health.

8:30am - Shared breakfast for all parents, carers, pupils and staff in the primary phase playground (if the weather does not permit it will take place indoors). **If you could contribute to the breakfast table it would be much appreciated e.g. pastries, fruit, juice.**

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4:15-4:45 - Walk and talk (weather permitting) in the woods, near our secondary phase site, for all parents, carers, pupils and staff. Please meet in the secondary phase car park at 4:15 and we will walk together. One of the most important things we can do to help break the stigma surrounding mental health, and to support ourselves, or those we care about, if suffering with mental health, is to talk openly.

Please complete the reply slip below so that we have an approximate number of people who would like to attend the group meditation and breakfast. You do not need to let us know if you are attending the walk and talk after school, just turn up! We really hope to see as many of you there as possible!

Yours sincerely

Mrs Ellen Freel - Mental Health Designated Safeguarding Lead

We would like to attend the group meditation and breakfast on **Wednesday 10th October**, arriving at **8:00am** at the Primary phase building.

Name of child attending group meditation (or Word of Wisdom) and breakfast: _____

Number of adults attending group meditation and breakfast: _____