



Our Ref: BD/CH

Friday 11th September 2026

Temple Meadow Primary School

Wrights Lane
Cradley Heath
West Midlands
B64 6RH

Headteacher: Mrs A. Van Straaten

Tel: 01384 569021

Web: www.templemeadow.com

Email: tm.admin@meadow.sandwell.sch.uk

 Temple Meadow Primary School

World Mental Health Day 2026

Dear Families,

On Saturday 10th October 2026, people across the world will come together to recognise **World Mental Health Day**, an annual event that raises awareness of mental health and encourages us all to take positive steps to support our emotional wellbeing.

As this falls on a Saturday this year, Temple Meadow Primary School will be celebrating on **Friday 9th October 2026**. The theme for this year's World Mental Health Day is **"Mental Health for All"**, promoting the importance of ensuring that everyone has access to the support, understanding and opportunities they need to maintain good mental health.

To mark the occasion, we are inviting all children and staff to **wear yellow**. Yellow has become closely associated with mental health awareness through organisations such as YoungMinds. The colour represents hope, positivity and the importance of talking openly about mental health.

Mental Health and Wellbeing Photo Competition

As part of our celebrations, we are also launching a Mental Health and Wellbeing Photo Competition. We would like children to take a photograph of something that supports their mental health and wellbeing. This might include:

- Spending time with family or friends
- Playing a favourite sport or being physically active
- Reading a book
- Spending time outdoors or in nature
- A favourite hobby or creative activity
- A pet or animal that brings comfort
- Mindfulness or relaxation activities
- Listening to music
- A special place where they feel calm and happy
- Something that helps them feel safe, connected or positive

Children are invited to submit their own photograph showing something that supports their wellbeing. They do not have to be in the photo.

Photographs can be:

- Printed and brought into school for the attention of Miss Dale, or
- Emailed to tm.admin@meadow.sandwell.sch.uk for the attention of Miss Dale.



Please ensure that **all entries clearly include your child's name and class.**

The closing date for entries is **Monday 5th October 2026**

All entries will receive a small token of appreciation and our winning entries will receive a special prize. Photographs will also be displayed around school as part of our World Mental Health Day celebrations.

Thank you for your support. We look forward to celebrating World Mental Health Day together and recognising the importance of looking after our mental health and wellbeing

Yours sincerely,

A handwritten signature in black ink that reads "Miss Dale". The signature is written in a cursive, flowing style.

Miss Dale
Deputy Headteacher