



**Blackbrook
School**

Aspiration Fairness Kindness Responsibility Teamwork

Headteacher: Mr Daniel Seviour BA (Hons) PGCE NPQH

Blackbrook Primary School
Ashbourne Crescent
Taunton
Somerset
TA1 2RA

Friday 25th September 2026

World Mental Health Day – Friday 9th October

Dear Parents,

On Friday 9th October, we will be taking part in World Mental Health Day at Blackbrook Primary School.

Throughout the day, children will take part in fun, age-appropriate activities that help them understand feelings, build resilience, celebrate their strengths, and learn ways to look after their wellbeing.

Our Wellbeing Champions will also lead a special assembly to share simple ideas about keeping mentally healthy and knowing who to talk to when they need support.

To help us celebrate World Mental Health Day, children are invited to wear something yellow alongside their usual school uniform or clothing. There is no charge to take part; however, if you would like to donate to YoungMinds, please use [this link](#) or scan the QR code below. All donations are voluntary and will help support the vital work YoungMinds does to promote children's and young people's mental health.



We hope the day will encourage positive conversations about mental health and wellbeing both in school and at home.

Thank you for your continued support.

Best Wishes,

Kelly Brooks
Pastoral Lead