



Ormiston Cliff Park
PRIMARY ACADEMY

Orde Avenue
Gorleston-on-sea
Norfolk
NR31 6SZ

Phone: 01493 661523
Email: office@ocppa.co.uk

Web: www.ocppa.co.uk
Principal: Mrs K Rutherford MA BEd

 **Anchored in excellence**

15th May 2023

Dear Parents/Carers

Mental Health Awareness Week 15th May - 21st May 2023

During the forthcoming week the Academy will be spending some time helping the children to understand the importance of their mental wellbeing.

PSHE lessons will focus on the theme at an age appropriate level. There will also be some special assemblies which will be led by the NHS Mental Health School Team.

On Thursday the Academy will be taking part in the Wear It Green Day - which is a day when the children can wear anything green (if they would like to) - green socks, green ribbon, green trousers etc - the purpose of which is to serve as a reminder of the importance of looking after our mental wellbeing.

If you would like more information on the theme of the week , please visit [Mental Health Awareness Week 2023 | Mental Health Foundation](#)

Thank you for your support.

Yours sincerely



Mrs K Rutherford
Principal