



THE CAMBRIDGE PRIMARY NEWSLETTER **OCTOBER 2021**

Well-being Wall

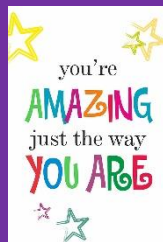
World Mental Health Day 2021



Our theme for World Mental Health Day this year was 'Lean on Me'. We spoke to the children about how they can help others and they wrote positive messages for each other to display in school.



USE YOUR SMILE TO CHANGE THE WORLD, DON'T LET THE WORLD CHANGE YOUR SMILE.



CREATE YOUR OWN SUNSHINE

ALWAYS BELIEVE YOU CAN.

Our fantastic families took on the 'Lean on Me' challenge to do one thing to support someone else's wellbeing.

Making mum a hot chocolate.



Encouraging a friend at football.

We showed support for the Young Minds Charity campaign #Hello Yellow by wearing yellow to school. You can donate to this great cause by following the [link](#).



Cheering on family taking part in a marathon challenge.



Five ways to wellbeing.



We learnt and performed our own version of the song 'Lean on Me'.