

Monday 13th May 2024

Mental Health Awareness Community Run

Dear Parent/Carer,

World Mental Health week is celebrated 13th-16th May 2024. This year it coincides with SATs week so we have chosen to do our largest celebration the following week. However, we will be delivering a few activities in class this week including movement to music outdoors.

We are excited to invite **all of you** to an event that I believe holds immense value for us all: a **community run** focused on the theme of "**Movement: Moving More for Our Mental Health.**" Check out [Harry Kane - Move for your Mood school pack intro on Vimeo](#)



It's becoming increasingly evident that taking care of our mental health is just as important as tending to our physical health. Which is why we as a school community are thrilled to invite you and your family to join us for an afternoon of movement and fun.

The community run will take place on **Wednesday 22nd May 2024** from **1.45pm** at **St Georges Field** (the field at the end of Palmers Lane). All children are required to wear their PE kit on that day.

We will be staggering the timings of each class, Reception will start the community run off, followed by each year group in turn. You will be able to run with your child's class.

Once each year group is finished, all children will be required to go back to Enfield Heights to get dismissed.

It's not just about running; it's about embracing movement in all its forms – whether you prefer **jogging, walking**, or simply **enjoying the fresh air**.

Together, we will explore how regular physical activity can positively impact our mental health, helping to alleviate stress, boost mood, and enhance overall well-being.

If you would like to join us, please be at the entrance to the field (at the end of the bridge) by 1:45pm and wait for your child's class to arrive. For ease please gather in class groups so that no one misses an opportunity to run/jog/walk with their child.

We look forward to seeing you there.

Kind Regards,
Mr Brown
PE lead