

**High Wycombe Church of England School**  
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Headteacher: Mrs C Hawkins BEd (Hons), NPQH



*Be strong and  
courageous.....for  
the Lord your God is  
with you*

September 2024

Dear Parent/Carer,

### World Mental Health Day

In recognition of *World Mental Health Day* on Thursday 10<sup>th</sup> October, we would like to warmly invite you to a special event, *Tea and Talk*, from 8:45 to 9:30 am. This will be an informal gathering where you can enjoy a cup of tea or coffee, chat with other parents, and take a moment to reflect on the importance of mental well-being for both ourselves and our children.

Mental health is such an important topic, and by coming together, we hope to create a supportive and open environment where we can share ideas and resources to support one another.

If you would like to join us, please complete the online form by 9am Monday 7<sup>th</sup> October.

<https://forms.office.com/e/T8uPJjcwv>

We look forward to seeing you there!

Kind regards,

Miss Johns  
Assistant Headteacher

