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Preston Primary Academy Trust

Friday 13th September 2024.



Dear Parents/Guardians,

We are excited to inform you that our school will be celebrating **Youth Mental Health Day** on **Thursday, 19th September 2024**. This year, the theme is "*Control Your Scroll*", which focuses on encouraging young people to reflect on their use of social media and screen time, and how it impacts their mental well-being.

Throughout the day, students will engage in activities designed to raise awareness about healthy screen habits and mental health. We aim to empower them to find a balance between online and offline life, fostering better emotional resilience and mindfulness.

We encourage you to continue these important conversations at home and support your children in making positive digital choices.

Thank you for your support!

Kind regards,

E Cashmore

Mrs E Cashmore
Mental Health & Wellbeing Lead

C Williams

Miss C Williams
Computer Lead

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