

Dear all the children at Archibald  
World Mental Health Day  
Tuesday 10<sup>th</sup> October

The school council would like to invite you to a guided mindfulness session in the upper hall on  
**Monday 9<sup>th</sup> October.**

You are welcome to wear normal uniform, school PE kit or your own loose comfortable clothes that day to school.

You are welcome to bring a blanket, cushion or teddy with you to help you relax.  
From the School Council

