



Executive Headteacher  
Miss J Strachan

# All Saints Church of England Primary School

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Monday 6th October 2025

Dear Parents and Carers

Wellbeing for everybody in the All Saints family is a key part of our ethos. We are a national wellbeing pioneer school and have won a gold award status for our approach.

To promote good mental wellbeing for all in our school family we already do the following:

- We have worry boxes in classrooms- so children can have 1:1 time with their teacher
- We have a listening team – so children can speak to specific school staff who are trained counsellors
- We have upper school carers/mentors – so children can speak to older children about any concerns they have
- We have regulation stations in classrooms – for children to go to if they require quiet, alone time
- We have an outdoor zen den – for children to go to for quiet time during breaks
- We have daily brain breathing sessions- so children can learn ways to still their mind and develop strategies for relaxation
- We pay for therapists to come into school - so identified children can access specific help that school cannot offer
- We set family well being homework for children to collaboratively complete with their adults during each school holiday
- We have weekly wellbeing activities on our website
- We offer adult coffee morning sessions – so parents can get together for a hot drink, collect free school uniform and share their concerns with others
- We offer triple P parenting classes – so adults can learn different ways to help parent their child

At the end of this week, on Friday October 10th 2025, it is world mental health day and the theme at All Saints this year is **Kindness Counts**.

To commemorate the occasion, we would like your child to come to school dressed in their comfiest clothing eg their pyjamas or a tracksuit and we would like you to collaborate with them on completing their wellbeing homework which will be sent home with them at the end of the day.

During school on Friday the children will participate in physical and mental well being activities, talk about their views on mental health and they will make a kindness counts board containing their pledges which their teacher will post photos of on their class web page.

We thank you for sending the children in wearing comfy clothes on October the 10th and wish you a kind and happy mental world health day in advance.

Yours sincerely

J Strachan  
Executive Head Teacher



Our All Saints family shall **ARISE** and shine for the light of The Lord is upon us

