

ST. MARY'S CATHOLIC HIGH SCHOOL

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مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٥٢٢٣٢، دبي - الإمارات العربية المتحدة

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فاكس

OUR REF :

TRN: 100483609200003

DATE: 7TH October 2020

To Parents of students from Years 1-13: **WORLD MENTAL HEALTH DAY-10TH OCTOBER 2020**

Dear Parents,

Greetings from St. Mary's Catholic High School! We are writing to bring to your attention the particular focus of Mental Health during these challenging times that the world is going through. **October 10th is celebrated as World Mental health Day.** The significance of a day to highlight the importance of Mental Health cannot be over emphasized. The theme for World Mental Health Day 2020 is:

Mental Health for All Greater Investment-Greater Access

We invite you to join in strengthening the work of worldwide organisations to highlight the importance of taking care of our Mental Health. This year we are particularly mindful of the toll that COVID 19 has had on the emotional wellbeing of the world as a whole. Closer to home, there have been many great challenges that each segment of our school community have faced. A united voice on the value of investing into the care of our minds will go a long way towards this effort.

As a visual reminder of the World Mental Health Day, we would like to encourage the students to dress **in the colour of Green on Thursday the 8th of October.** Class room discussion around the theme of Healthy Minds will take place during the day. We further request that you would continue these conversations at home in order to strengthen the understanding of the same.

We encourage you to read on some excerpts from the WHO with regards to the celebrations around mental health day.

This year's World Mental Health Day, on 10 October, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges: for health-care workers, providing care in difficult circumstances, going to work fearful of bringing COVID-19 home with them; for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures; for workers whose livelihoods are threatened; for the vast number of people caught in poverty or in fragile humanitarian settings with extremely limited protection from COVID-19; and for people with mental health conditions, many experiencing even greater social isolation than before. And this is to say nothing of managing the grief of losing a loved one, sometimes without being able to say goodbye.

We would like to invite our students their families to invite you to join the celebrations that the **WHO** has planned known as **THE BIG EVENT FOR MENTAL HEALTH**. Please click link below to access the event on Saturday the 10th of October at 6pm UAE Time

<https://www.who.int/news-room/events/detail/2020/10/10/default-calendar/the-big-event-for-mental-health>

How to watch the Big Event

Tune in from one of WHO's social media channels:

[Facebook](#), [Twitter](#), [LinkedIn](#), and [YouTube](#) channels

Yours sincerely,



Mr. Paul Asir Joseph
(Principal)

