

PORTISHEAD PRIMARY SCHOOL

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Learning and achieving together

7th January 2022

Anti-Bullying and Mental Health Blue/Brew Monday

Dear Parents and Carers,

For Children: **Blue Monday 17th 2022 – Non-Uniform Day**

The 3rd Monday of January is also known as “Blue Monday”, some dodgy science and likely marketing ploy from 2005 that claims to mean this is the saddest day of the year. Well, despite the questionable origin of the day we have agreed to mark the occasion in school and use the day to raise spirits and highlight kindness in our community.

Our Anti-Bullying Ambassadors have decided this will be a non-uniform day to celebrate joy and diversity. Children should come to school in clothes that make them smile and celebrate their individuality.

We would also like children to **bring in a spare old plain t-shirt**. In the afternoon classmates will decorate each other’s t-shirts with compliments.

We have ordered anti-bullying bracelets. These will be given out to every pupil as a symbol of our commitment to kindness.

For Adults: **Brew Monday 17th 2022 – The Samaritans**

This Brew Monday, 17 January, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about.

Why 'Brew Monday'?

The third Monday in January is sometimes referred to as ‘the most difficult day of the year’ but this is a myth. At Samaritans we know there’s no such thing as ‘Blue Monday’ – we all have our good days and our bad days, and those aren’t for the calendar to decide.

So, we say it's time to stop this myth about Monday being 'blue' and instead start a conversation over a brew! Reach out and connect with family, friends, colleagues and loved ones.

We can always make time for a cuppa and a catch-up. It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right. Enjoy your brew Monday in a way that allows you to connect safely.

We know these continue to be testing times. Whilst the politicians and scientists do their thing let's all be kind to each other and to ourselves and model that to our children.

In other news:

We have enjoyed a fabulous first week back, as busy as ever. We hosted some Dogs Trust workshops and Year 1 had a wonderful toy-themed Wow Day.

Thank you for your kind role play donations to our EYFS team. This has been a huge success and has added valuable contributions to their class home corners. If you have had a sort out over Christmas we are currently looking for 'people who help us' vehicles, buildings and figures-firefighters/doctors/vets/refuse collectors etc and different size and shape buckets for our sand pit.

Have a wonderful weekend.

Kind Regards

Richard Riordan
Headteacher
Portishead Primary School