



# Denmead Junior School

Building success, inspiring curiosity

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[www.denmead-jun.hants.sch.uk](http://www.denmead-jun.hants.sch.uk)

Friday 10<sup>th</sup> January 2020

Dear parents and carers,

**'Beat the Blues Day' – Monday 20<sup>th</sup> January 2020 9am**

Some of you will remember that last year we launched our 'Art of Brilliance' Happiness day on 'Blue Monday' last year. This was the culmination of a year's work with Dr Andy Cope and his team with ourselves and 7 other local schools, which is why we fly our 'Outstandingly Happy school' banner on the side of our building. For more information about the Art of Brilliance, visit [www.artofbrilliance.co.uk](http://www.artofbrilliance.co.uk) and see my letter this time last year on the school website.

Following on from the success of the event last year, we would like to welcome parents into school again this year and our Happiness Ambassadors will lead an assembly to you next Monday to spread some cheer on what is known as Blue Monday – claimed to be the most depressing day of the year. We want to continue to influence our local communities as we believe it is important to counter the national rise in mental health conditions in children; the pitfalls of social media and 24-hour news; the increasingly complex and global world in which we all live; continued financial constraints and the cuts in so many government and local services which combined together can bring significant stresses and strains for families and communities.

So please come and join us on the morning of Monday 20<sup>th</sup> January at 9am. Our programme for the morning is:

- 9-9.30am: presentation by our Happiness Ambassadors on 'The Art of Being Brilliantly Happy'
- 9.30-10.30am: parents join their children in class to take part in different Happiness activities – (if you have more than one child at the school we will set up tables in the hall for you to work with all your children together on the tasks.)

After the event has finished, I will be taking the Ambassadors up to the village to hand out happiness messages to passers-by (as part of our 'Ripple effect' – but more about that on the day!) We will be joined by some children from Denmead Infants and some musicians from The Cowplain School.

Best wishes,

Elaine Viner  
Head Teacher

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I would love to attend the 'happiness event' on Monday 20 January between 9 and 10.30am and I would like ..... seats.

My child's name ..... My child's class.....

Signed:..... Date:.....

