



The Weekly Times

Issue 96

PARK VALUES

Achievement

"High achievement always takes place in the framework of high expectation".

Charles Kettering

JOKE OF THE WEEK

Where do fingers grow?

On palm trees.

Word of the Week

Word: Jealous

Definition: Feeling upset because someone has something you wish you had.

Word: Compassionate

Definition: Caring about someone else's struggles.



No act of kindness, no matter how small, is ever wasted.



Aesop

Monday 12th October 2026

World Mental Health Day – You Are Not Alone!

World Mental Health Day took place at the weekend on **10 October** and reminds us how important it is to look after our mental health, just as we look after our physical health.

Everyone has mental health, and it is normal to experience difficult feelings sometimes. Schoolwork, friendships, family life and changes in our lives can all affect how we feel. Remember, **it is okay not to be okay, and asking for help is a sign of strength.**

If you are struggling, please speak to a trusted adult at school or arrange to talk to our **on-site clinical team**. You do not have to deal with things alone.

We can also support others by being kind, listening without judging, including people in activities and checking in on friends who seem upset. Small acts of kindness can make a big difference!

This World Mental Health Day, remember; be kind to yourself, look out for others and never be afraid to ask for help. 💚

WEEKLY CALENDAR

Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th
	Forest School – Yew Group			Assembly – Upper School (Cynthia)

