R U OK? Day is our national day of action and is dedicated to reminding people to regularly check in with family and friends. R U OK? Day is organised by the R U OK? Foundation, a not-for-profit organisation dedicated to encouraging all people to regularly and meaningfully ask, ‘are you okay?’ to support those struggling with life.

KidsMatter at Saint Martin of Tours is a whole school approach to children’s mental health and wellbeing. Mental health and wellbeing is vital for learning and life. Children who are mentally healthy learn better, benefit from life’s experiences and have stronger relationships with family members, school staff and peers.

R U OK? Day is coming up on NEXT Wednesday 8th September 2016. It is important for us to look out for others and give the opportunity to say “I’m not ok” to a friend or a family member. It is really important for everyone to feel connected with someone and have honest and open communications.

Staff and students are invited to wear something yellow on Wednesday 8th of September and buddy classes will get together to have a conversation with their buddy and further develop their important relationships.