

Dear parents, carers and young people,

Marr College 'Dress Up' For Mental Health, Friday 15th May

May is National Mental Health month and this coming Friday we are asking all our young people and staff to 'Dress Up' for mental health. Instead of our usual non-uniform days, let's get dressed up in our uniforms or House colours throughout the school day (or at least for an hour or so in the morning). Parents, carers and siblings are welcome to join in too!

We would love everyone to get involved and we will be sending out a few staff messages on Friday to promote positive mental wellbeing throughout our school community. We would love to see young people join in and encourage you to send in photos via Twitter @MarrColOfficial or through the school email address marr.mail@south-ayrshire.gov.uk. We will be retweeting lots on the day and will create a collage of photos sent in from our students.

Our chosen charity for the Dress Up day is Scottish Association for Mental Health (SAMH). Throughout this session we have continued to promote positive mental wellbeing and it is especially important to look after our mental health in these challenging times. The resources provided by SAMH have been a key feature of our wellbeing activities and we are grateful to them for this support.

If you are able to make a donation, please do so via www.justgiving.com/Marr-College1. All proceeds will go to SAMH in memory of our valued friend and colleague, Douglas Drinnan.

So, time to dig out your tie and dust off you blazer! Let's try to reach our target of £1000.

Stay safe and well.

Best wishes



George Docherty
Head Teacher

