

'Feel all the feels'

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These do not necessarily correlate with the characters in the movie **Inside Out** or its' sequel. Nevertheless, on **Friday 11th October** we are inviting all students (N/R up to Year 11) to come to school **dressed** in the colour or colours that, at times, reflect their emotion(s) and **donate £1**. The proceeds will go to **Young Minds**, a charity which supports young people and their **mental health**.

On **Thursday 10th October** at corresponding lunchtimes, students in **Year7 to 11** will be invited to a viewing of **Inside Out 2** and they will finish the film on subsequent Thursday lunchtimes. At this first viewing we are giving our new **popcorn** machine, funded by the Parents Committee, a try out. No peanut oil or extra ingredients will be used to ensure it is safe for all members of our school community, as well as a healthier snack! Thank you so much to the PC for this very kind addition to Bowbrook - I am sure it will get a lot of use! Our **Mental Health Champions** will be ensuring this lunchtime event is coordinated.

Mrs Mao will arrange a similar treat for **N/R to Year 6** in the near future.

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