

REF: ICH/AHE/WorldMentalHealthDay

5th October 2023

Dear Parents/Carers,

I am writing to provide you with information regarding the forthcoming World Mental Health Day, which this year is taking place on Tuesday 10th October.

The theme for 2023 as set by the World Foundation of Mental Health, is '**Mental Health is a Universal Human Right**'. World Mental Health Day is about raising awareness of mental health issues around the world and driving positive change for everyone's mental health.

Our assemblies next week will be focussing on both International Animal Rights Day and World Mental Health Day and will raise awareness about both key issues, but also provide top tips for looking after our wellbeing and where to find support.

Throughout the week, all pupils will be encouraged to participate in our mindfulness challenge which explores ways in which we can follow our top tips. Year 7 will also be invited to take part in mindfulness colouring during lunchtime and "time to talk" will also be offered in Ms Heilbronn's office (just off the dining hall). The concept, as recommended by the World Health Organisation, centres around us finding time every day to unwind and rebalance our minds and bodies, enabling us to cope better with the challenges of life.

We would be grateful if you would speak with your child about positive mental health and encourage them to focus on their mental health and wellbeing as much as possible over the week and beyond. As Staff, we will also be getting involved and you can follow our progress on our social media platforms and our website. We have included our top tips for your reference here too.



Mental Health UK have created a [Conversation Guide: Talking to someone about mental health](#). Please do read this if you need to.

As always, thank you for your continued support.

Yours sincerely

Mr I Chamberlain
Headteacher



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