

13th May 2024



Smestow Academy
www.smestowacademy.co.uk

Dear Parent/Carer

Mental Health Awareness Week: 13th May - 19th May 2024

Thank you for your continued support with our personal development curriculum which incorporates not only our Smestow Values, but also statutory Health information for our pupils.

Taking place this week is a national event - Mental Health Awareness week. The positive well-being of all members of our community is paramount, and promoting this is key if we are to empower our young people with the skills to recognise the signs and symptoms that their own mental health (or that of somebody around them) may be failing. Each term, we celebrate a national event which focuses on promoting positive mental health and we are continuing to invite Year 7 pupils to take part in mindful colouring and given "time to talk" during lunchtimes this week. In a slight change, we are giving pupils examples of the 5 top tips for wellbeing each day, so that they have 25 strategies in their "toolkit" by the end of the school week. All pupils will invited to take part in our mental health mega challenge next week, identifying how they have explored each of the top tips across the week.

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. We have shared the conversation guide from Mental Health UK before, but please do read this again if you need to: Conversation Guide: Talking to someone about mental health

<https://euc7zxtct58.exactdn.com/wp-content/uploads/2021/10/04131954/Mental-Health-UK-Coversation-Guide-Talking-to-someone-about-mental-health.pdf>



Thank you once again for your support of our personal development curriculum at Smestow Academy.

Yours faithfully

A handwritten signature in black ink, appearing to read "I Chamberlain".

Mr I Chamberlain
Headteacher

Ms A Heilbronn
Assistant Headteacher



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