

REF: ICH/AHE/WorldMentalHealthDay

4 October 2024

Dear Parents/Carers



### World Mental Health Day 2024

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

The theme for 2024 as set by the World Foundation of Mental Health, is '**it is time to prioritise mental health in the workplace**'. This highlights the importance of addressing mental health and wellbeing in the workplace for the benefit of people, organisations and communities.

Our assemblies next week will be focussing on both World Mental Health Day and International Animal Rights 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 for looking after our wellbeing. Year 7 will also be invited to take part in mindfulness colouring during lunchtime and "time to talk" will also be offered.

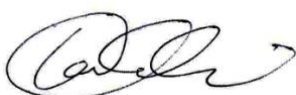
The concept, as recommended by the World Health Organisation, centres around us finding time every day to unwind and rebalance our minds and bodies, enabling us to cope better with the challenges of life.

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 hosting a wellbeing week in school which means that there are limited activities taking place after school. Please check weduc to confirm what events have been postponed.

We promote the following top tips in school to support positive mental health: **Connect, Be Active, Take Notice, Give, Keep Learning**. Mental Health UK have created a Conversation Guide: Talking to someone about mental health. Please do read this if you need to: [Conversation Guide: Talking to someone about mental health](#)

As always, thank you for your continued support.

Yours faithfully



**Mr I Chamberlain**  
Headteacher



**Ms A Heilbronn**  
Assistant Headteacher