

11th May 2021

Dear Parent/Carer

### **MENTAL HEALTH AWARENESS WEEK**

This week marks Mental Health Awareness week and we will be discussing mental health and wellbeing with our learners through their Learning 4 Life sessions. The theme for this week is Nature and the importance of enjoying the outdoors. As restrictions lift, and the weather improves, we would encourage our learners to make the most of the green spaces around them.

Further information can be found on <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>. We will be sharing the Top Tips with learners too <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/tips>.

We now have a dedicated wellbeing section on our website under Key Information and we will continue adding to this regularly. As always, should you have any concerns regarding the wellbeing of your child, please do not hesitate to contact the relevant Head of Year in the first instance.

Yours sincerely



Gloria Gold

Vice Principal – Personal Development