



Shenley Academy & Sixth Form,
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Headteacher: Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

06th October 2020

Dear Parent or carer,

World Mental Health Day – Academy celebration Friday 9th October

Saturday 10th October 2020 is World Mental Health Day, which we would like to celebrate on Friday 09th October in school, using the #HelloYellow linked with Young Minds. We are inviting students to wear a yellow accessory: students must still be in their full uniform, but could perhaps wear yellow hair accessories, socks or wrist bows for example.

We will be doing activities based around positive mental wellbeing throughout the day and would really like to encourage students to participate in these and increase their understanding of Mental Health, how to help themselves and those around them.

Just by being that little more positive each day and sharing that positivity with those around us, we can really help increase morale, motivation and positive mental health of an entire class, year group or community.

We have a lot of support in school for mental health and will be building on this moving forward, from in-school mentors to links with external agencies like Forward Thinking Birmingham, Open door counselling and Barnardo's Children's charity.

We'd like to take the opportunity to inform you of some great resources to support student mental health as well – two apps which are wonderful are 'the-waitingroom.org' and 'think ninja' which provide strategies for self-help and can direct you to services in the area to support with mental health. Further, www.kooth.com is a fantastic website to help with student wellbeing too.

Should you ever have any concerns about your child's mental health and wellbeing, then please do feel free to contact the school so that we can help support your child and family as much as possible, via your child's form tutor or Head of Year.

Yours sincerely,

Ms Corbett-Lees
Mental Health Lead





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