



Shenley Academy & Sixth Form,  
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1<sup>st</sup> February 2021

Dear parents and carers,

### **Children's Mental Health Week 1st-7th February 2021**

1 in 6 children and young people have a diagnosable mental health condition. This week, Shenley Academy is supporting @Place2Be's Children's Mental Health Week by raising awareness of the importance of young people's mental health and encouraging them to explore the different ways they can express themselves and share their feelings, thoughts and ideas.

We encourage families to all join in with our focus on self-expression and I have attached some information leaflets to help parents with starting a conversation about mental health, which are also on our website.

If you require any further information, please feel free to email me at: [tracey.corbett-lees@e-act.org.uk](mailto:tracey.corbett-lees@e-act.org.uk)

Kind regards,

**Ms T Corbett Lees**

Teacher of Maths and Mental Health Lead

