

Headteacher: Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

3rd February 2021

Dear parents and carers,

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

Continuing our focus on Children's Mental Health Week, and top tips for starting a conversation about mental health here are the next three tips.

Please do not hesitate to get in contact with the school if you need any further support.

4. Mental health is positive too

Mental health isn't just about mental illness, it is also about wellbeing. You could chat about things that aid wellbeing, like talking, exercise, chill out /'me' time, time away from social media and homework pressures. Mental wellbeing doesn't mean feeling happy all the time. It's about feeling able to cope with life's ups and downs.

5. Talk their language

None of us are always familiar with the terminology around mental health or mental illness. But young people will most likely be familiar with the idea of feeling stressed, depressed, low or anxious. They might also have encountered eating disorders or self-harm among their peers or in the media. Explain that this is part of what we mean when we talk about mental health.

6.

De-personalise

Research suggests that young people often find it easier to think and talk openly about a hypothetical situation rather than their own feelings and experiences. So, instead of asking them direct questions about themselves, you could ask 'how someone might feel who is stressed about XYZ?' You could talk about soap opera, television or book characters.

If you require any further information, please feel free to email me at:

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Kind regards,

Ms T Corbett Lees

Teacher of Maths and Mental Health Lead