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2nd February 2021

Dear parents and carers,

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

Continuing our focus on Children's Mental Health Week, during the next few days I will be sending out some tips on how to start a conversation about mental health.

If you need any further support, then please do not hesitate to contact the school.

Here are the first three tips for the week:

1. Seize the moment

It might be over a meal, during a car journey, or during the ad break while you're watching the television together. These informal spaces can be great opportunities to talk about serious topics in a more relaxed atmosphere.

2. Explain that we all have mental health

Mental health is about our range of emotions and how we cope with our lives. Our mental health can fluctuate, just like our physical health - over the course of our lives, or even from day to day.

3. Start small

You don't need to set aside hours to chat. Just opening up the conversation makes a big difference.

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

tracey.corbett-lees@e-act.org.uk

Kind regards,

Ms T Corbett Lees

Teacher of Maths and Mental Health Lead

