



MENTAL HEALTH Bulletin

17th May 2021

Hello everyone,

Mental Health Awareness Week

Last week was Mental Health Awareness week and the theme for the week was nature.

There were a few activities happening in the academy. Some students who came along to the Wellbeing Zone on Tuesday went with me to explore the front of school grounds. We went and looked at the memorial circle and then wandered over to look at the historic trenches. Unfortunately, the weather wasn't great, and our feet got a bit wet, but it was nice to just be outside and exploring our school.

The other in school activity was to produce a mental health flower. Details were sent out to your tutors to share with you, they are also available in the Wellbeing Zone if you want to come and complete one. I will still be accepting these over the coming week so please get involved. The plan is to have a mental health flower garden on display in Inclusion. So, I need a lot of flowers!

The Mental Health Ambassadors were active last week too, visiting all the form rooms to give you the mental health 5 tips business cards. These were very popular and they some of them came back asking for more.

The Wellbeing Zone

The Wellbeing Zone is up and running in the LRC on Tuesdays and Fridays. There are a number of students who like having the opportunity to just come and sit in a quiet area and spend time reading, drawing or just having a quiet chat. Refreshments are available for anyone who comes along. The wellbeing zone also gives all students an opportunity to come and have a quiet chat with me if they are feeling low, anxious or being bullied and I can liaise with PSMs and the safeguarding staff to make sure that you get the support you need.

Mental Health Ambassador and Peer Mentor Training

On Friday afternoon our student ambassadors met altogether for the first of their training sessions. The training provided by Mrs Quinn, the E-ACT National Mental Health Lead was excellent, and I was able to tell from the engagement and responses from our students, that we have a truly incredible team of people that will be working to support you and end the stigma surrounding mental health. Their next session is on Tuesday. If you see them around in their yellow and red ambassador badges, please say hello and ask them what they have been learning about.

Finally, please take a look at the Shenley Academy Twitter account to take a look at the mental health activities that have been happening lately.

Have a good week everyone and stay safe and well.

Ms Corbett-Lees
Mental Health Lead

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