



26 January 2022

Dear Parent/Guardian

### **Children's Mental Health Awareness Week**

During the week beginning Monday 31 January, students will have access to a range of activities during tutor time which will help them focus on their own mental health. We will also be exploring and educating students on different topics such as anxiety, bullying and eating disorders.

On Tuesday 1 February we will be offering the opportunity for students to join our Senior Student Leadership Group in a forum to discuss ideas surrounding children's mental health and what we can do as a school to support students. If your child would like to join this, it will be held on Tuesday 1 February in room 106.

Children's mental health week is about raising awareness on supporting a young person. If you are interested in finding out a bit more about what we will be looking at throughout the week, please use the link below.

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

Yours sincerely

*M. Pearce*

**Mr M Pearce**

Teacher of History

Assistant Head of Year 7