

17th January 2022



Etone College
www.etonecollege.co.uk

Dear Parent/Carer

The wellbeing of our pupils is of great importance and we are putting in place a number of strategies to promote mental health and wellbeing in school. We would like to take this opportunity to share these strategies with you, some of which are already well underway:

- Pupils learn about mental health and how to keep themselves mentally healthy/look after their wellbeing in Learning for Life lessons and form time as well as additional workshops
- Loudmouth theatre group production will take place for Year 7 in March
- Promotion of the 5 top tips for stay mentally healthy through posters and form time activities
- Mental Health Day activities and assembly (One Kind Word)
- World Kindness Day and random acts of kindness
- Anti-Bullying Week assembly and whole school activities
- Children's Mental Health Week – pupils will be completing a wide range of activities in lessons to promote their wellbeing. Information will be available on our website.
- Displays in school
- Information about websites and organisations provided for pupils through Learning for Life lessons
- Pupil Wellbeing ambassadors who are being trained by Compass this term to support pupils with their wellbeing and produce a newsletter for pupils
- Pupil drop in sessions afterschool planned for this term
- Pupil wellbeing calendar with events throughout the year which focus on mental health and wellbeing
- A regular focus and updates in our newsletter
- Celebrating events through the website and our Twitter feed
- Etone wellbeing week where we will focus on our 5 top tips for wellbeing
- Extra-curricular opportunities which promote physical activity which is known to have a positive impact on mental health and wellbeing
- Mental Health Week – assembly and whole school activities

Mental health is a fundamental part of our RSHE policy, a copy of which can be found on our school website, along with information about how to provide support for your child at home.

We are also committed to staff training and our Mental Health Lead in school is Mrs R Price (Designated Safeguarding Lead). We also have a very strong pastoral team in school and all staff are available for pupils should they have any concerns which they want to discuss. We are a listening school. Pupils can report concerns remotely through our email: tellingschool@etonecollege.co.uk. If you have any wellbeing concerns, do please discuss them with your child's Head of House.

Many thanks for your ongoing support.

Yours faithfully

Mr I Smith
Headteacher

