

REF: ISM/LMC/National Health Awareness Week



Wednesday 17<sup>th</sup> May 2023

Dear Parents/Carers,

**National Mental Health Awareness Week**

**Etone College**  
www.etonecollege.co.uk

I am writing to provide you with information about National Mental Health Awareness Week which takes place between Monday 15<sup>th</sup> May and Sunday 21<sup>st</sup> May. This year the Mental Health Foundation have chosen anxiety as the Mental Health Awareness Week theme to kickstart a nationwide conversation, encouraging people to share their own experiences and any helpful ideas on how they manage anxiety.

As a school, to recognise Mental Health Awareness Week, pupils will be finding out about how to keep themselves mentally healthy during assemblies and form time in the week commencing 22<sup>nd</sup> May. We are also asking pupils to accessorise their uniform with something green in support of the week – pupils will be advised about what accessories are acceptable during form time.

Pupils will also have the opportunity to attend a wellbeing drop in session on Monday 22<sup>nd</sup> May – Brew Monday – where they can join their peers and staff for a hot drink and a chat. Connecting with others is a very important part of our wellbeing. Pupils will be given time each day during form time to reflect on our Etone top tips for maintaining good mental health. To support with the top tips, each pupil will have a booklet which has been designed by Mind to help pupils with learning about these top tips and how to use them effectively. There will be mindful and self-affirmation colouring available in the café during lunch times and Wellbeing Ambassadors will be handing out ‘top tip’ stickers to help open up the conversation around mental health. In addition to this, there is an exciting art project for pupils to contribute to which is being organised by Ms Byrne.

We will also be raising money for Mind, the Mental Health Charity. Members of Leadership will be collecting any contributions each morning in sealed buckets on the gate – we would be really grateful of any support that you can offer in terms of a contribution. The money raised will support Mind to make sure nobody has to face a mental health problem alone. People need their support more than ever, and demand for their services is growing. Staff will also be making contributions and wearing green ribbons in support.

We would be grateful if you would speak with your child about Mental Health Awareness Week and encourage your child to get involved as much as possible next week. As a group of staff, we will be doing so and you can follow what we get up to on our Twitter next week and our website next week. You will also find a link to a parent workshop that gives helpful advice on how to support wellbeing. The Mental Health Foundation have looked at the evidence for what works to manage anxiety and brought together their top recommendations: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety> A wealth of additional support materials for pupils and parents/carers alike, can be found on our website.

As always, thank you for your continued support.

Yours sincerely

**Ian Smith**  
**Headteacher**