



**Etone College**  
A Proud Member of  
Matrix Academy Trust

# MENTAL HEALTH & WELLBEING AT ETONE

At Etone College, we believe in nurturing the whole student. Here's how we promote mental health and wellbeing throughout the year.

## SIGNPOSTING SUPPORT

We ensure every student knows where to turn. Posters, websites, and staff provide information on how to access in-school or external support services.



## ASSEMBLIES

We deliver regular assemblies focused on mental health awareness, resilience, kindness, and coping strategies — helping students understand their emotions and how to support others.

## EXTERNAL SPEAKERS

We invite expert speakers to engage students on a range of mental health and wellbeing topics.



## BREW MONDAYS

A monthly event inspired by Blue Monday — this is a chance for students to connect with each other with a hot chocolate, milkshake and biscuits, have a chat, and take part in fun activities.



## JUST DANCE

Every Friday breaktime, Mrs Price runs Just Dance sessions provide a fun, informal way to exercise, release endorphins, and have a laugh with friends.



## WALK A MILE

This simple, mindful activity encourages physical movement, socialising, and time outside during form time — vital for boosting mood and reducing stress.



## CHARITY AND AWARENESS EVENTS

From Mental Health Awareness Week to Children in Need, we participate in and organize fundraising events that build empathy and community spirit.

Our breaktime stands are extremely popular with students and are filled with resources, activities, snacks, and advice on different mental health topics and gives the Mental Health Team the opportunity to raise awareness with all students.



## MENTAL HEALTH CALENDAR

We mark key dates throughout the year with themed events, resources, and classroom discussions — from World Mental Health Day to Anti-Bullying Week.

## FORM TIME AND LEARNING FOR LIFE

Our curriculum includes dedicated lessons on mental health, emotional intelligence, healthy relationships, digital wellbeing, and self-care.

Daily tutor time is a chance for check-ins, and to complete mental health and wellbeing themed activities, and time to connect in a supportive environment.

## WELLBEING AMBASSADORS

Our trained student ambassadors help promote positive mental health, peer support, and act as approachable, friendly faces across year groups.

## ETONE'S TOP TIPS

We regularly share practical, student-friendly advice on coping with stress, improving sleep, managing screen time, and building confidence adopting the 5 Mental Health Top Tips of:

