



Etone College
www.etonecollege.co.uk

Dear Parents & Carers,

Etone's Commitment to Wellbeing: Supporting Our Young People Together

At Etone, the wellbeing and mental health of our pupils remains at the heart of everything we do. Across the school year, we take part in a range of national awareness events and run our own initiatives to ensure every child feels supported, valued and heard. We wanted to share some of the key activities taking place at Etone.

World Mental Health Day, Mental Health Week & Etone Wellbeing Week

Each year we raise awareness of mental health and the importance of looking after our emotional wellbeing. During these events, pupils take part in workshops, in assemblies and form time activities designed to help them:

- Understand and express their feelings
- Learn practical coping strategies
- Recognise where and how to seek help
- Support one another with kindness and empathy

Our aim is to reduce stigma, encourage open conversations and help pupils build resilience for challenges both in and outside of school.

Children's Mental Health Week

Children's Mental Health Week places a special focus on the wellbeing pupils. Through the week, we explore themes such as:

- Building confidence and self-esteem
- Understanding emotions
- Developing friendships and communication skills

We work with pupils in a supportive, age-appropriate way, ensuring they know that their feelings matter and that help is always available.



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Matrix
Academy Trust
EDUCATION WITHOUT EXCEPTION

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Etone's Mental Health Stands & Initiatives

Throughout the year, we host themed mental health stands to promote awareness of the different challenges and experiences some pupils may face. These include:

Pink to Think

A stand dedicated to raising awareness of mental health issues and encouraging open conversations. Positive body image is promoted through these stands along with signposting support within and outside of the school.

Boys' Mental Health

We recognise the importance of breaking stereotypes around boys' emotional wellbeing. Our boys' mental health stand encourages conversations about expressing emotions, managing stress, and seeking support without fear of judgement.

LGBT Mental Health

We proudly support our LGBT pupils and work to create an inclusive environment for all. This stand highlights the unique challenges faced by LGBT young people and provides guidance, resources and reassurance that Etone is a safe place for everyone.

Brew Monday – Monthly Wellbeing Meet-Up

To help pupils feel connected and supported, Etone runs Brew Monday once a month which is a relaxed, friendly space for pupils to unwind and talk to each other.

During Brew Monday pupils can enjoy:

- Hot chocolate, tea or coffee
- Biscuits and small treats
- Activities such as Lego building, art and crafts and mindful colouring

These sessions have become a much-loved part of our wellbeing programme, offering pupils a comforting break and a chance to build friendships in a welcoming environment.

As parents and carers, you play a vital role in supporting your child's mental wellbeing. We hope this overview gives you a clear picture of our ongoing commitment and the many opportunities available for pupils to seek help, find community and develop emotional strength.

If you have any concerns about your child's wellbeing, please do not hesitate to contact Heads of House or Mrs Price. Together, we can ensure every child feels safe, supported and able to thrive.

Our mental health team is Miss J Stafford, Mrs R Price, Mrs R Ratcliffe, Miss C Hanlon and Miss S Goode.

