



Etone College
www.etonecollege.co.uk

6th February 2026

Dear Parents / Carers,

Children's Mental Health Week

We are pleased to inform you that Etone College will be recognising Children's Mental Health Week which takes place between 09th February to 13th February. The theme for this year's Children's Mental Health Week is "This is my Place". There will be a range of activities designed to promote mental health and wellbeing across the school community.

Children's Mental Health Week is an important opportunity to raise awareness, encourage open conversations, and support our students in developing healthy strategies to look after their mental and emotional wellbeing.

Throughout the week students will be involved in a variety of age-appropriate activities, including:

- A Mental Health Pop-Up stand available at break in the Hall and Café, offering information, resources, and opportunities for students to engage in wellbeing-focused discussions.
- All faculties will begin lessons with a starter activity linked to mental health and wellbeing, helping students to reflect on wellbeing in different subject contexts.
- All year groups will take part in "Walk and Talk" sessions during form time across the week, encouraging movement, conversation and reflection.
- Mindful colouring and word search activities will be available at breaktime and lunchtime.
- To end the week on a positive and energetic note, students will take part in Just Dance at breaktime.

We believe these activities will help students develop resilience, self-awareness, and positive coping strategies, while reinforcing the message that mental health is just as important as physical health.

Pupils are signposted to information through lessons, form time and assemblies. We also have displays around school. To support parents/carers, we also have a student wellbeing section on our website that can be found here [Student Wellbeing - Etone College](https://www.etonecollege.co.uk/student-wellbeing).

As always, thank you for your continued support.

Yours faithfully

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Headteacher



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