



Etone College
www.etonecollege.co.uk

7th May 2026

Dear Parents and Carers,

Mental Health Awareness Week

We are writing to inform you about the upcoming **Mental Health Awareness Week** at Etone College, where we will be focusing on supporting students' wellbeing and encouraging positive mental health across the school community.

Throughout the week, all year groups will take part in a variety of activities designed to promote connection, resilience, and healthy habits. These will include:

- **Year group assemblies** led by our Wellbeing Ambassadors, focusing on raising awareness and encouraging open conversations about mental health.
- **Assemblies delivered by Kooth** for all year groups, providing students with information about accessing safe and supportive online mental health services.
- **Walk and Talk sessions** for students in Years 7–10, offering a chance to get active while talking in a relaxed and supportive environment.
- **A Mental Health Awareness Pop-Up Stand** on Tuesday at break time, located in the café, hall and 6th Form, where students can access information and resources and signposted to outside support such as Talking Therapies for post 16, Year 11 exam session drop in's and online support such as Kooth, Mind and Warwickshire Pride.
- **Just Dance on Friday**, giving students an opportunity to be active, have fun, and boost their mood through movement.

In addition, there will be a Year 7 focus during break times, where students can take part in a range of supportive and engaging activities such as:

- **Mindful colouring**
- **Board games**
- **Crafts**

These activities are designed to help students relax, connect with others, and explore different ways to support their wellbeing. Staff will also show support by wearing green on 14th May.

We believe it is important to create opportunities for students to talk openly about mental health and to equip them with strategies they can use both in and out of school. We encourage you to continue these conversations at home and to support your child in reflecting on what they have learned during the week.

If you have any questions or would like further information about the support available in school, please do not hesitate to contact us.

Thank you for your continued support.

Yours faithfully

Mr I Smith
Headteacher