



Etone College
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16th June 2026

Dear Parents and Carers,

Mental Health Awareness – June Theme: Thanking Our Community and Carers

In June, we will be focusing on the theme of **"Thanking Our Community and Carers"** as part of our ongoing commitment to promoting positive mental health and wellbeing across our school community.

Mental health and wellbeing are important for everyone, and taking time to recognise and appreciate those who support us can have a positive impact on both ourselves and others. During the month, pupils will have opportunities to reflect on the people who make a difference in their lives and express their gratitude.

As part of this theme:

- Our Mental Health Ambassadors will be delivering thank-you gifts to local community members, including nurses and staff at Nuneaton Library, to recognise the valuable support they provide.
- Pupils will be invited to nominate someone outside of school who has a positive impact on their life. This could be a scout leader, dance teacher, sports coach, neighbour, volunteer, family friend, or any other individual who helps, inspires, or supports them.
- Brew Monday will take place after school each week, providing a welcoming space where pupils can chat, enjoy a cuppa, and take part in crafts, games, and other wellbeing activities.
- Just Dance sessions will continue every Tuesday and Friday. These sessions remain extremely popular with both pupils and staff and provide a fun way to support both physical health and mental wellbeing through movement, social interaction, and exercise.

We would also like to encourage families to continue having open conversations about mental health and wellbeing at home. Taking time to check in with one another, talk about feelings, and celebrate positive experiences can make a real difference to a young person's emotional wellbeing.

As part of this month's focus, we encourage you to discuss our Mental Health Top Tips with your child and, if possible, learn a new skill together. Activities such as cooking, crocheting, gardening, drawing, or learning a new hobby can help build confidence, strengthen relationships, and support positive mental health.

If you have any concerns regarding your child's wellbeing, please do not hesitate to contact the school through your child's House Office or speak directly with Rachael Price, Designated Safeguarding Lead (DSL), who will be happy to offer support and guidance.

Thank you for your continued support as we work together to promote positive mental health and wellbeing for all members of our school community.

Yours faithfully

Mr I Smith
Headteacher